

CHATS WITH YOUNG MEN

NEWS OF THE WORLD
Is it news of the world that ye're after?
I'm sorry to say
There's little o' joy or o' laughter

WHEN CRAMPED, KEEP WITS

A cramp is merely a contraction of the muscles caused by the penetration of the cold. Obviously, it could not of itself cause drowning. Its worse effect, according to the 'Popular Science Monthly' is to cause panic which throws the swimmer off his guard, causing him to let the air out of his lungs and thus allow the air passages to become filled with water.

OUR BOYS AND GIRLS

THE MESSENGER BOY
When he goes whistling down the street—
His eyes are young and young his feet

DON'T GROW BITTER

"He who is bitter is beaten. This is distilled from a life," said a wise observer of his kind.
Often one meets the man who has become sour by his own life through his own fault—though he blames it all on the chances and circumstances of destiny.

THE ANNUAL RETREAT

We are now in the Retreat season of the year. Those of you who have had the privilege of making a retreat in past years are doubtless looking forward to these spiritual exercises more eagerly than they anticipate their summer holiday, for the retreat is the true rest and strengthening of your soul for the work of another year; or, it may be the preparation for death for those who are nearing the brink of eternity.

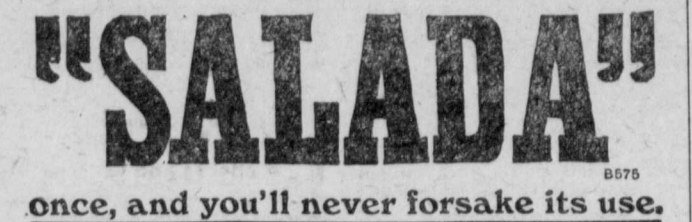
first time, and perhaps they feel a little nervous about it. Let all such timid folk take courage, for if they follow the exercises with generous dispositions they will derive such benefit from them that, in future, they will wish to make the retreat annually.

Have a clear idea in what the fruit of the retreat consists and bear in mind that the retreat does not plane away all difficulties. After these days of silence and prayer you will find yourself still beset by temptations: your irritability, laziness, pride or stubbornness will not have died a natural death, simply because you have made a good resolution to fight against these defects.

and caused him to remark hastily, "Ouch! Say, Dad, what made you grin so much all day? You look like a Cheshire cat."
"Well," said his father slowly, "if I were you I believe I'd get up early in the morning to see if I could find out."

What's the matter with that boy? said his father laughing.
He misses the fireworks," said Ruth. "What have you up your sleeve, Dad? I'm sure it's something nice for Jimmy."

Good Quality Tea, properly brewed, takes away fatigue, and is absolutely harmless, as a daily beverage - TRY



once, and you'll never forsake its use.

cross inside or ostensibly as a watch guard, or suspended about the neck, a lady's most suitable ornament.
The crucifix has the place of honor in our churches, and how beautiful it looks when given the prominent place in the Christian home.

His father nodded, for the five scouts, who had been bribed to believe that Jimmy's surprise might be complete, set up such a shout that his voice would have been completely lost in the din.

Five minutes later they were on their way, and by eight o'clock an hilariously hungry crowd entered Crystal Cove.

HONOR THE CRUCIFIX

The cross is the sign of our redemption. As Catholics we revere it, salute it, and whilst venerating it we adore our Blessed Lord Who died on it for our salvation.

Marlatt's Specific
Removes Gall Stones in 24 Hours
THE Never-Failing Remedy for Appendicitis

Dangerous Antiseptics and Germicides Are Unnecessary
A dependable antiseptic has come to be considered a necessity in most homes.

STAMMERING
or stuttering overcome positively. Our natural methods permanently restore natural speech. Graduate pupils everywhere.

LIQUOR and TOBACCO HABITS
Literature and medicine sent in plain, sealed packages. Address or consult Dr. McTaggart's Remedies

THE distinctive flavor of Coca-Cola
The flavor of Coca-Cola is a composite of natural fruits so delicately blended that the palate is unable to distinguish any one of the component parts—the result is a distinctive flavor.

STEEL and RADIATION LIMITED
Manufacturers of Hot Water and Steam Boilers and Radiators, Iron and Steel Works and General Fabricators
68 Fraser Ave., Toronto

Peerless STEAM COOKER
ONWARD MFG. CO. Kitchener, Ont.

OUR CHIEF WORK

Is in acting as Executor under Wills and as Administrator of Estates. Ask for our Booklet: "The Will That Really Provides," or consult us and we will gladly give full information. Correspondence invited.

We Pay 4% Interest on Savings Accounts, and allow withdrawals by cheque.

We Pay 5% Interest on stated sums of money for investment for terms of from two to five years.

We Collect Rents, attend to repairs and assume entire charge of properties in trust for the owners at ordinary agency fees.

We Act as Business Agent for persons who desire their investments attended to and the income delivered to them through our Company.

We Rent Safety Deposit Boxes at \$5.00 per annum.

Capital Trust Corporation

Head Office: 10 Metcalfe Street, Ottawa

Write us for free advice on any financial matter.

NO HOME COMPLETE WITHOUT

Matchless Ammonia

IT HAS NO EQUAL Refuse Inferior Substitutes

MADE BY KEENLEYSIDE COMPANY LONDON, CANADA



IF YOU HAVE ANY WOOL

SHIP IT DIRECT TO US Our Prices Are Highest - Let Us Prove It

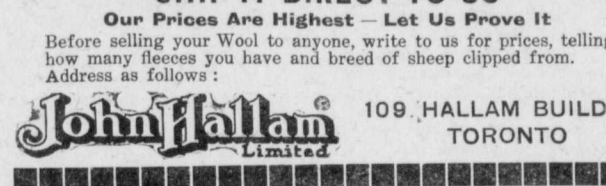
Before selling your Wool to anyone, write to us for prices, telling how many fleeces you have and breed of sheep clipped from.

Address as follows: John Hallam Limited 109, HALLAM BUILDING TORONTO

STAINED GLASS MEMORIAL WINDOWS AND LEADED LIGHTS

B. LEONARD QUEBEC: P. Q.

We Make a Specialty of Catholic Church Windows



Your Home Needs Hot Water Heating

Old fashioned heating methods are expensive, unsanitary, and unsatisfactory. Stoves and hot air furnaces are being abandoned.

Send 10c for liberal trial bottle. W. F. YOUNG, INC., 299 Lyman Bldg., Montreal, Can.

KING HOT WATER BOILERS AND IMPERIAL RADIATORS
The most improved ideas in generation and radiation of heat are combined in King Boilers and Imperial Radiators.

SAVE FUEL

A lady in Toronto actually reduced her monthly fuel bill from \$2.25 to 90c. a month by using a Peerless Cooker and had more nourishing and digestible foods.

AGENTS WANTED—Write for information on this quick-selling specialty. Big money—write for particulars.

Peerless STEAM COOKER

ONWARD MFG. CO. Kitchener, Ont.

