

WORK AWAY YOUR TROUBLES

Man at His Best, and Happiest, When Physically and Mentally Busy, Says Writer.

You can't overwork. God Almighty intended this wonderful mechanism called the human body to work. It is working all the time. Did you ever think of that? Think of it once more!

Everything in us is constructed to work. Everything in us is constructed to carry big loads, big burdens.

This human hand—it's a masterpiece of mechanics. This spinal column—it's constructed to hold your body up, and terms of horses pulling in opposite directions could scarcely pull it apart.

God intended us to work. He made it necessary for us to work. Whether you know it or not, your day's work lights up the glad side of your ledger. And idleness is loss.

The happiest moments in the life of a man are those in which he is at his best, intellectually and physically, working at high speed with the greatest necessity for good judgment and quick action.

Patricia Crawford



Among the countries popular "movie" stars none holds higher favor than Patricia Crawford, who will be readily recognized as having been seen in numerous popular productions.

THE GIRL ON THE JOB

How to Succeed—How to Get Ahead—How to Make Good

By JESSIE ROBERTS

FOCUS YOUR ENERGIES

"I WANTED to be a singer," said a successful illustrator to the writer. "I had a pretty fair voice. With cultivation it could have been made better. But I know if I spent the time necessary for its cultivation, I wouldn't have time to learn to draw. And I had more ability at picture making than at singing."

"I didn't quit singing cold. I still sing a little. But I dropped it as a business. One business is all any man can attend to if he wants to get along."

Today this man is one of the highest paid illustrators in the country. He might have been a fair singer and a fair singer, or a good singer and a bad illustrator. But he chose the career for which he had the greater talent, and stuck to it.

The late Charles E. Van Loan in youth developed considerable talent for drawing. When he was fourteen or fifteen his teachers predicted that he would some day be a great artist.

But he discovered that he could write better than he could draw, and thereafter he drew only to amuse his friends and his children.

All his energies were bent toward learning to write, and learn to write he did.

Many men are born with a little talent for several different activities. And many such ruin their lives by scattering their energies instead of concentrating them on the one thing they can do best.

Time allotted to man is insufficient for the mastery of even a single art or profession.

Few men, however great, ever die with the feeling that they have reached anything like the standards they set for themselves.

There is always something still to learn when the summons comes to lay labor aside forever.

The surest way to win the measure of success that your abilities can command is to select the profession or the trade or the business you most enjoy following, and keep at that to the exclusion of every thing else save needful recreation.

It is a poor set of brains that cannot learn to do one thing particularly well. It is a miraculous brain that can learn to do two things even fairly well.

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THE RIGHT THING AT THE RIGHT TIME

By MARY MARSHALL DUFFEE

AT THE CHRISTENING

No rule is so general, which admits not some exception—Burton

To Catholic Journal Readers: Co-operate with these firms as they are co-operating by advertising in your paper. Patronize them as they are your friends.

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THE RIGHT THING AT THE RIGHT TIME

AT THE CHRISTENING

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"EITHER, EACH, BOTH."

HOW DO YOU SAY IT?

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"What's in a Name?"

FELICIA.

There are, eleven masculine saints by that name in the Roman calendar.

Through the votaries of the young slave-martyr Felicia became popular in Italy.

The pearl is Felicia's talismanic stone. It insures her charm, affability and sincere friendships.

Why?

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