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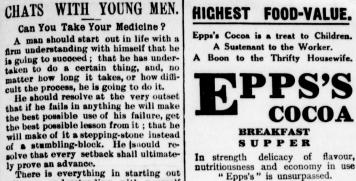
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when a grain of sand gets into its shell and annoys it, covers it with pearl. I know a man who has had many ups and downs, who has made it a rule of his life that whenever a misfortune penditure; that is, adjust your expendi-tures to your real needs, not to your temporary inclinations or desires. The comes his way or he makes a slip, he will make that experience a new startyoung man who spends ten cents for a eigar, but cannot afford five cents for ing-point for something greater and grander; and he has kept his resolution. He has made stepping-stones of experi-ences which would have been stumbling-blocks to men of less nerve and stamina. some good work, the workingman or mechanic who drinks four or five glasses of whisky every day but cannot afford a bank account, disregards moral perspec-tive. It is well for us to remember that There are plenty of people in the whatever we do not spend for one thing great failure army to-day who would have been successes had they the backwe have always on hand to spend for an-other. Here are four rules for you to remember. We do not say that the obbone or stamina to have withstood the fire of the enemy, the misfortunes which come into every man's life, and which conquer only the weak and irresolute. servance of them will make you wealthy, but they will certainly make you com-fortable and maybe contented. We fortable and maybe contented. We advise you to commit them to memory. No man becomes resourceful or stron until he learns to take disagreeable Here they are :

medicine philosophically and with equa-nimity. Many a man has failed, when Earn your money by honest industry. Earn more than you spend. the hour of adversity struck him, be-Earn it before you spend it. Spend it for the right things.—Inter-mountain Catholic. cause his career hitherto had been too smooth. He did not know how to take

Don't Brood Over Mistakes.

disagreeable medicine, and when it was thrust upon him he lost his nerve, his There are many people who sit down courage, and lay down helpless. Oh, how we shrink from the first bitter dose! Failure after an uninterand brood over mistakes of the past. They do not realize that in doing so they are making the biggest mistake of rupted success often takes the heart out Besides losing valuable time that of a man who never has known adverall. could be devoted to something profitsity. There should be qualities in a man's able, they are unfitting themselves for make-up which would survive disaster, the duties which lie before them, says outlast all destructive forces and pro-

Spare Moments. Brooding over past mistakes never helped anyone. It is possible that we have, through a mistake, lost a good opportunity or jeopardized our chances of success in life, but brooding over it won't bring back the lost opportunity or faciliate our future success. But it will tend to make us less capable and more timid in the future, and whatever

to the man when all else had failed him. Socrates, when he drank the deadly hemlock, although he scarcely had a affects confidence in our own strength and creates doubt of our own ability will be a serious obstacle to success. nemotes, although the searcery had a place to lay his head, was the richest man in all Greece. How mean and con-temtible this dying philosopher made his executionersfeel when they saw that he had something which lifted him above Don't brood over mistakes you have made. They are of the past, and no human being can recall and rectify the errors he has made. We sometimes mrterial want or suffering — something beyond their understanding and for which think that if we only could live our lives over, beginning with childhood they would have given all they possessed in exchange ! In his very last moments Socrates was sustained by a calm, sweet days, we could accomplish enormous things. Perhaps we could, and perhaps we couldn't. We might avoid the misserenity which defied death. His was a philosophy of which they knew both-takes we have made, but in doing so, ing-a power far greater than money or fall into others far more serious in their effect upon our lives.

Everybody makes mistakes. There never was, and never will be a human Every one who accomplishes anything in the world gets setbacks, and lots of them. If we analyze any great career we find it full of all sorts of losses, mibeing who lived without making mistakes. We do what we think is best and it turns out worse, therefore it is called a mistake, and the whole world we not it full of all sorts of losses, mi-fortunes; but these setbacks are merely like a swollen stream which turns back upon itself through the valleys—one ignorant of the stream's destination would say that it flows back to the hills; censures us because we have been so stupid. If it had turned out the other way, the world would have praised us. but it is not so. Its general course is always onward toward the lake or the Mistakes sometimes lead to success,

At all events, don't brood over them. Let them lie buried, with only a sign to at look at the course of th you should be tempted

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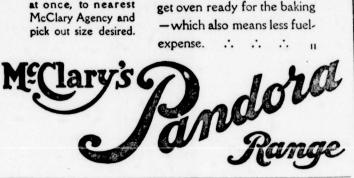
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their girls to grow up without knowing how to prepare the simplest meal or how to make even a shirtwaist. And hardly a woman alive but finds this knowledge all-important at sone time in her life.

Aunt Bride once asked a very successful professional worker a why auto-found most helpful in those early days of struggle when she first came to the city. Aunt Bride knew that she had come from a little inland town with very little money and very little training and that everybody seemed aston-ished at her success. The answer to aunt Bride's question was altogether unexpected. "I'm sure I owe my fair measure of success to my knowledge of cooking and sewing," she answered. Probably Aunt Bride looked her bewilderment for she went on. "You see I couldn't afford a great boarding-house so I did my own cooking. Now most girls under those circumstances break

down because they do not know the foods that are necessary and how to prepare them. Cooking was nothing new to me. Plain well-cooked food new to me. Plain well-cooked lood kept me well nourished and in vigorous health. Then my knowledge of sewing stood me in good stead when my clothes began to grow shabby. I knew how to turn and make over as well as any dressmaker. When I got through with them they looked like new. 1 was able to keep up a good appearance until I earned enough to justify brand new garments. And good health and good clothes go a long way towards making one a success, don't you think so ?"

At any rate Aunt Bride thinks it the part of wisdom for every girl to know enough about cooking to be able to prepare nourishing food in an emergency, and enough about making simple dresses and trimming hats to enable her to look presentable in the lean days when she can't afford fashionable dressmakers of good ready-made suits.

And these old-fashioned occupations are worth considering by the girl who is looking about for a chance to earn money A good many changes have come over the dressmaking and millinery trades in the past five years but they are still first class trades for the girl who will put intelligence and energy into them. The comparatively long ap-prenticeship with small pay makes them seem objectionable to many girls. However, if they'll stop to think about it, they'll find that at the end of five or ten years the girl who started at \$6 is still getting that amount or at most a dollar or two more, while the girl who got two or three dollars when she started at the same time now draws ten or fifteen The rule is, the longer the apprentice

For the ordinary girl perhaps a course at one of the numerous evening classes carried on by working women's societies would be practical. Usually these are intended chiefly to teach the members to trim their own hats, but the instruc-tors are practical milliners and they give their pupils an insight into the tricks of the trade. After taking this course she might apply for employment at the millinery department of one of the large dry goods houses. She must be willing to begin at the beginning but the knowledge she has gained will help to secure promotion. There are several avenues of promotion depending on the kind of ability you have. If you have executive ability, good judgement and a sort of intuitive knowledge of what is going to be popular, you may some day become a buyer. To be foreign buyer for a large house is to have one of the best paying jobs within reach of a woman. If you have ambitions in that

Then you will have an advantage over others when openings occur. Or having gone through various stages of making and trimming you may be-come head trimmer. That also means having a comfortable salary. Or as Aunt Bride suggested before, you may want to graduate into a little business of your own. This is something about which you want to think more than which you want to think have never tried it, have an altogether false idea of the easy time business men and business women have of it. They're apt to think they have nothing to do but walk around, wile screechly it concorres and have a smile agreeably to customers and have a good time on the income of the business. They don't see the planning and manag

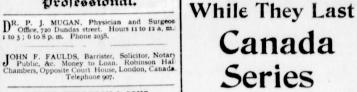
direction begin to study French at once.

They don't see the planning and manag-ing and usually the worry back of the pleasant smile. Don't forget that good health is essential if you are going into business for yourself. Only first class digestion and an optimistic disposition will enable you to add to your bank account and keep clear of nervous as well as financial bankruptcy. To be sure, you may be one of the many who stay improvers or makers all the years they stay in the shop. You never can toresce results. But this much is certain: it's the girl who has

much is certain: it's the girl who has definite ambitious plans who gets to the top. So keep your eyes on the heights anyway. — Aunt Bride in Sacred Heart Review.

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Grade your income to your expenses; that is, spend what you like and set yourself to earn the money, and you yourself to earn the money, and you will always be pushed, harried, per-plexed, worried and will live on the edge of continuous poverty. Grade your expenses to your income ; that is, determine what you will spend, not by your wants, but by your means or pos-sessions, and you will have a quiet mind and he gave and comfortable. and be easy and comfortable.

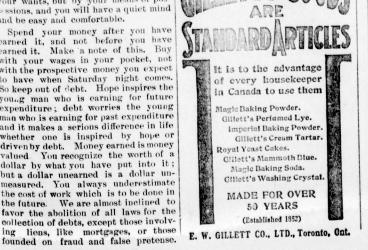
Good Advice to Young Men.

our means.

Spend your money after you have earned it, and not before you have earned it. Make a note of this. Buy with your wages in your pocket, not with the prospective money you expect to have when Saturday night comes. So keep out of debt. Hope inspires the young man who is coming for future young man who is earning for future expenditure; debt worries the young man who is earning for past expenditure and it makes a serious difference in life whether one is inspired by hope or driven by debt. Money earned is money valued You recognize the worth of dollar by what you have put into it; but a dollar unearned is a dollar unmeasured. You always underestimate the cost of work which is to be done in the future. We are almost inclined to favor the abolition of all laws for the

to housework and sewing, they allow MADE IN CANADA TS GOOD C. ARE





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