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CHATS WITH YOUNG MEN. Can You Take Your Medicine? A man should start out in life with a firm understanding of himself...

There is nothing in starting out with an understanding of yourself that there is nothing else for you but the goal, that you are going to get there sooner or later no matter what stands in your way.

There are four rules for you to remember. We do not say that the observance of them will make you wealthy, but they will certainly make you comfortable and maybe contented.

Don't brood over mistakes. There are many people who sit down and brood over mistakes of the past. They do not realize that in doing so they are making the biggest mistake of all.

Good Advice to Young Men. Spend less than you earn. Self-denial is the foundation of all secular success.

Grade your income to your expenses; that is, spend what you like and see yourself to earn the money.

Spent your money after you have earned it, and not before you have earned it. Make a note of this.

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HIGHEST FOOD-VALUE. Epps's Cocoa is a treat to Children. A Sustenent to the Worker. A Boon to the Thrifty Housewife.

EPPS'S COCOA BREAKFAST SUPPER

In strength delicacy of flavour, nutritiousness and economy in use "Epps's" is unsurpassed. Children thrive on "Epps's."

The abolition would break up the credit system and compel each of us to pay "spot cash" or do without the goods.

Here they are: Earn your money by honest industry. Earn more than you spend. Earn it before you spend it.

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Steel Oven Heats Quicker-Saves Fuel Pandora has a sheet steel oven, because steel is more sensitive to heat-absorbs it faster-than cast iron does.

Pandora oven thus heats quicker-less time required to get oven ready for the baking-which also means less fuel-expense.

McClary's Pandora Range

their girls to grow up without knowing how to prepare the simplest meal or how to make even a shirtwaist.

For the ordinary girl perhaps a course at one of the numerous evening classes carried on by working women's societies would be practical.

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 these old-fashioned occupations are worth considering by the girl who is looking about for a chance to earn money.

Millinery is well worth the consideration of the ambitious girl. You don't have to "just love" sewing to make a success at millinery or dressmaking.

How the families of some of the rich dukes and earls of England came into possession of the vast landed estates which they now hold was well shown in a recent lecture in Scotland by Mr. Swire MacNeill.

Such plain and vigorous expression of the truth about Protestant pillage and robbery at the "Reformation" comes with intensified interest from the lips of Mr.

Compared with the delicious flavor of OXO, all other fluid beefs are insipid and commonplace. A teaspoonful of OXO to a cup of hot water makes an appetizing beverage enjoyed by young and old.

Professional. DR. P. J. MUGAN, Physician and Surgeon. Office, 720 Dundas Street. Hours 11 to 12 a.m. 1 to 3; 5 to 8 p.m. Phone 2058.

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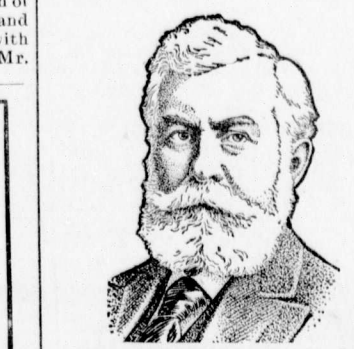
CHURCH FURNITURE Altars, Pulpits, Fonts, etc. Send for Catalog of Pewes & Brass Goods The Blaine Lumber & Mfg. Co. Limited Chatham, Ont.

MacNeill, who is himself a Protestant. It may be added that Mr. MacNeill, sits in the House of Commons as the elected representative of one of the most Catholic districts in Ireland-one of the facts which demonstrate the tolerance and liberality of Catholic Irishmen in their political movements.

What Total Abstinence Is. Total Abstinence is not indeed a commandment; but in days evil as these are, and amidst temptations such as assail our people, and with so many reasons urging us to self-denial, it is surely a counsel of enlightened prudence and of more perfect charity.

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