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will collect and utilize, as well as mea-sure, all his expenditures of thought,

able to work to the greatest possible advantage along the line of our ambi-

tion. We should engage in the occupa-tion which is best fitted to our physical

constitution, mental make-up, taste and

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Avoid the weak novel, whether in moral tone, in thought or in both. Such reading perverts the taste and incapitates for the enjoyment of productions of genius. To satisfy the craving for such food the mind seeks something still more startling and unreal. Your life should be filled with virtuous, elevating thoughts. Read that which will make you stronger, happier and better; that which will help you, hold you and uplift you; that which will increase your capital for intellectual comfort and helpful influence; that which will give your brain mental fibre, nerve and heart; that which will enable you to see further, judge more accurately. Cocoa

is made from the finest carefully selected cocoa beans, roasted by a special process to perfect the rich choco-late flavor. Cowan's is most delicious and most economical and heart; that which will enable you to see further, judge more accurately, stand more firmly, work harder; think more of your fellows and rise higher that which will make you more a man. When you have read such books you will have no taste for the weak novel. The Cowan Co. Limited, Toronto.

nagging, by your failure to stand up to your contracts with them, how can you expect them in return to have your inwill have no taste for the weak novel. It not only lacks any high moral, but it terests at heart, to live up to your expectations, to do good work? When contains insinuations against religion, truth and justice, and its general tone is in favor of immorality, deceit and lying. It also weakens the mind. It serves neither for mental discipline nor you go all to pieces over something that troubles you, you can not write a good letter. Your mind is in no condition to make an important contract until you restore harmony. Can you, then, expect your employees to believe in you for the development of intellectual strength. The brain is tired. The novel-reader cannot gather up and use to give you their best, when you show them the worst side of your nature? his mental powers and resources to advantage. The weak novel creates The Man Who Acts. and fosters discontent with honest living. You should take things as they are, look the world in the face bravely,

During the Civil War, when Lincoln ordered McClellan to advance, he would make all sorts of excuses for delay—he did not have enough men; the cavalry horses' tengues were sore; the Administration did not support him properly, or he was waiting for the enemy The great question for a success-candidate to ask himself, everything considered, is, "Where is my chance in life greatest?"—that is, "In what envirto get into a more favorable position for

But, at last, Lincoln found a man who but acted. General Grant would call a council of his generals, and smoke while they gave advice; and then he would make out his own programme and act.

What a relief for the head of a great

exertion of my powers?"

A machine has been constructed for measuring expended energy, a sort of cage in which a man is put, where every motion, every bit of exertion and What a relief for the head of a great enterprise to find a Grant among his employees, a man who does not ask if every expenditure of energy are re-gistered. A success-candidate should put himself in an environment which the enemy is in a favorable position for attack, or if everything is in ideal condition, but makes the best of things as force, and physical energy.

It is of the first importance to get into harmonious surroundings, where all the powers of mind and body may be they are, and pushes ahead!-Success.

OUR BOYS AND GIRLS.

Dog Stories. Col. Kent of Burlington, Vt., has a dog that money cannot buy. Mr. Kent is foreman of the job room in the Free Press office. The other day he started for home, but a friend invited him to

Many a business may do the makes is an advertisement that is going to help or hinder his business. It is an advertisement of the policy of his firm. It advertises the attitude of his employees

Although a long and thorough search for home, but a friend invited him to an auto ride, and he went, leaving the dog on the street. The dog tried to follow the auto, but lost it and returned to the Free Press office and refused to leave. A couple of hours later Mr. Kent called up and asked that the telephone receiver be put to the terrier's ear.

"Come home," he demanded, when the dog had been raised to the instrument.

"Come home," he demanded, when the dog had been raised to the instrument.

The terrier gave a sharp bark, bolted out of the door, and legged it for home like a streak of lightning. He ran the mile in less than five minutes.

A gentleman connected with the Newfoundland fisheries, possessed a dog remarkable for his fidelity and sagacity. On one occasion a boat and crew in his employ were in circumstances of considerable peril outside a line of breakers which owing to some change in the wind or weather, had since the departure of the boat rendered the return through them hazardous. The spectors on shore whether accommodating or indifferent, polite or boorish. It advertises the honesty or dishonesty of the whole con-I have heard men boast of a good sale when they have taken advantage of a when they have taken advantage of a customer. They congratulated themselves on having obtained more than the regular price for an article sold to a customer whom they had found to be an "easy mark." He did not try to beat them down, but simply paid the an "easy mark." He did not try to beat them dawn, but simply paid the price asked, and said nothing.

Business chickens come home to roost, and a dishouest policy of this kind will ultimately ruin a firm. It is only a question of time! for every dishonest trick, every misrepresentation, every mean transaction is a boomerang which goes back to wound the thrower. the boat rendered the return through the boat rendered the return through them hazardous. The spectors on shore were quite unable to render any assist-ance to their friends afloat, Much time had been spent, and the danger seemed to increase rather than diminish.

gives us the best thing of its kind that can be obtained.

The house which has built up its business on quality does not need to do so much advertising as inferior concerns for every sale it makes is an advertisement, and every pleased customer becomes an unpaid drummer for the house. After we have once worn or used or enjoyed the sale and unpaid drummer or used or enjoyed the sale and unpaid drummer for the house. After we have once worn or used or enjoyed the best, we do not like the second best. We may be forced by circumstances to get it, but we do not like it.

A little yellow dog is the life-saving hero of El Paso, Texas. Jose Renteria, seven years old, and his brother Alberto, seven years old, and his brother Alberto, aged five, went to the canal one night, and the younger brother fell in. Jose went to his assistance. Alberto threw his arms about his neck and both sank to the bottom of the ditch. Then the dog jumped in. With several hard tugs he got the older boy to the bank, and then brought the younger to his brother's side.

Carrying out a resolution Harmony as a Business Producer. Fortunately the old-time employer, who nsed to go through his place of business every day with a whip, so to speak, stirring everybody up, driving everybody, scolding and swearing, is rapidly disappearing. Men are finding that there is something better than the slave-driving methods. They are finding that harmony is a great business producer, that kindness,

Carrying out a resolution made months ago, a party of prospectors of Wallace, Ida., recently climbed the hill on Placer creek to look for the remains or society without pain and suffering.—
Dr. Sheehan.

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of a man or men supposed to be the friends of a little black spaniel, who for many months had kept a lone vigil on top of months had kept a lone vigil on top of the mountain, apparently guarding something from which he could not be coaxed or driven away. The dog had become famous, articles and pictures of him having found their way into maga-zines and papers all over the country. He is faithful to his self-imposed task, whatever it may be, and owing to the liberal provision that has been made by various prospectors, has not wanted for various provision that has been made by various prospectors, has not wanted for food. Every second day he comes down the mountain, grabs the mean place.

Although a long and thorough search of the ground over which the dog has been seen to go was made, no trace af

This is too often a fatal privilege, because it is mostly during the night that all the mischief is planned and executed. question of time! for every dishonest trick, every misrepresentation, every mean transaction is a boomerang which comes back to wound the thrower.

Quality is the best salesman in the world. The article that is a little better than others of the same kind, that is the best, even if the price is higher "carries in its first sale the possibility of many sales, because it makes a satisfied customer, and only a satisfied customer will come again."

Like good things to eat, a superb quality always leaves a good taste in the mouth, and we go again to the firm that gives us the best thing of its kind that can be obtained.

The house which has built makes a satisfied of the rope," he said. "That's where the mouth and the danger seemed to increase rather than diminish.

Our friend, the dog, looked on for a length of time, evidently aware that there was great cause for anxiety in the minds of those around. Presently, however, he took to the water and made his way through to the boat. The crew supposed he wished to join them and made various attempts to induce him to go within their reach and continued not go within their reach and continued as wimming about a short distance away.

After the crew had made several comments on the peculiar conduct of the might are the boys who fill our workhouses and friends. All parents should keep their boys off the streets and at home at night. But are not the boys who work in shops and factories all day entitled to some recreation and amusement? They are; and it is a poorly managed home that can not provide these. Music, singing, reading—can not young people have these amusements at home? Parents, look to it! Do not think that because the boys who work in shops and factories and at home at night. But are not the boys who work in shops and factories and at home at night. But are not the boys who work in should keep their boys off the streets and at home at night. But are not the minds of the might are the boys who work in should keep their boys off the streets and at home at night. But a The boys who are permitted the free-dom of our public streets at all hours of Do not think that because the boys bring their earnings on Saturday night they are free to do as they please and go where they will. By no means. You are always supreme in the home, and God will hold you responsible for the conduct of your children as long as they live under your roof. It is simply outrageous to witness the actions of some youngsters on the public streets. And what of young girls? Many of them conduct themselves no better.—Catholic Chronicle. Catholic Chronicle.

> "We are obliged," says St. Francis de Sales," not only to bear with the failings of our neighbor, but likewise with our own, and to be patient at the sight of our own imperfections." We must try to correct ourselves, but we should do it tranquilly and without anxiety.-Father Quadrupani.

Never a forward step is taken by man

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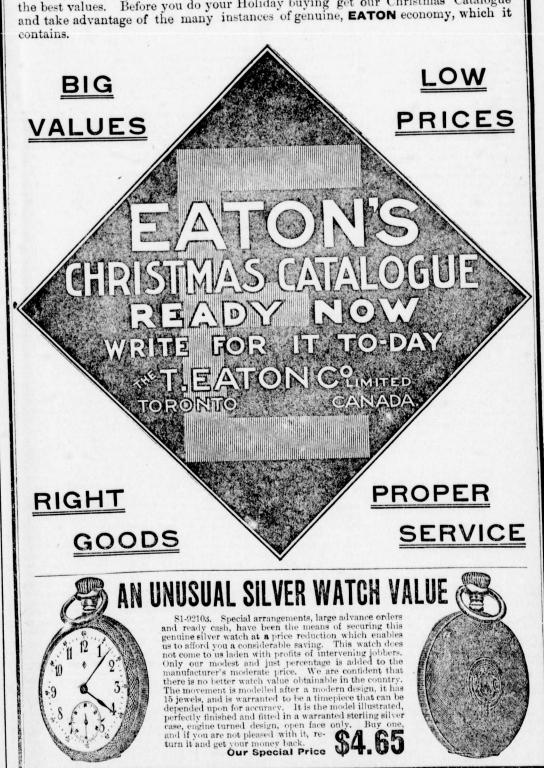
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