

CHATS WITH YOUNG MEN

BE GOOD TO YOURSELF

It is a rare thing to find a person who is really masterful in his personality, masterful in what he undertakes; who approaches his tasks with the assurance of a conqueror...

In order to keep himself at the top of his condition, to obtain complete mastery of all his powers and possibilities, a man must be good to himself mentally, he must think well of himself...

Someone has said that the man who depreciates himself blasphemes God. Who created him in His own image and pronounced him perfect...

There are many people who are good to others, but are not good to themselves. They do not take care of their own health, their own bodies, do not conserve their own energies...

There are many people of a high order of ability who are not good to themselves, whose careers are most disappointing, simply because they do not keep themselves in a physical and mental condition to do their best thing...

In every phase of business we find employees who are only about half awake, half alive; their bodies are full of dead cells, poisoned cells, because of vicious living, vicious thinking, vicious habits...

Everywhere we see these demoralized people, without spontaneity, buoyancy or enthusiasm in their endeavor. They have no joy in their work. It is merely enforced drudgery, a dreary, monotonous routine...

The great problem in manufacturing is to get the largest possible results with the least possible expenditure, the least wear and tear of machinery. Men study the economy in their business, getting the maximum return with the minimum expenditure...

Eczema on Legs and Ankles

Quickly Cured by D. D. D.

Mr. I. W. Coors, 21 Givens St., Toronto, writes of his experience with D. D. D.: "I suffered for about two years with eczema on the legs and ankles. I tried three or four different doctors and none of them did me any good...

I happened to see your ad. and am very thankful that I did. I sent for a sample bottle and it did me so much good I sent for a \$1.00 bottle, also a cake of soap. This is all I used and I am perfectly well, and I don't think it will return. I have advised several others to use it and the results have been the same...

Even if you've tried a score of remedies without benefit—even if doctors and specialists have failed to help you, D. D. D. will relieve that itching torment at once, and will cure you. Just give it a chance. For free trial bottle write to the D. D. D. Laboratories, Department B, 23 Jordan St., Toronto.

For sale by all druggists.

Disparators of precious vitality are the wickedest kind of spendthrifts; they are worse than money spendthrifts; they are suicides, for they are killing their very chance in life.

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OUR BOYS AND GIRLS

ST. PATRICK'S LITTLE KNIGHT

Mr. Custer sat in his office, awaiting the onslaught bearing down upon him from the rear door of the establishment of which he was the owner and proprietor. The day before he had advertised for an errand-boy from twelve to fifteen years of age, and he was the recipient of a number of applications...

The boy's clothes were much worn, but clean. He had a pair of gaiters, a pair of button-hole and, seeing it as he passed, the merchant slightly frowned. Well did he recognize this significant badge of what he mentally characterized as impudence and ignorance...

When the gentleman had followed the clerk into the main body of the establishment, he made his way into the group of his companions, who had now left their places against the wall, and the moment of inspection deferred, he said to one another:

"What's this—what's this?" asked the merchant, as the boys, abashed at his sudden greeting, gazed at him.

"Well? What did you do to you?" inquired the merchant, angrily. "One of them said 'Dago with a green ribbon on me; and when I told him I wasn't a Dago, but Irish, he began to call me a Roman Catholic and a Paddy from Cork; and then he fell upon me, and I fished them."

"The mission is under the direction of the Sister from New York, Mother Mary Paul, once known as Miss Mary Murphy."

"Well, my young friend, you have considerable pluck," said Mr. Custer. "But let me tell you, that the name of Paddy will stand in your way wherever you go. Better change it, my boy."

"I didn't say, but we live at 39 Foley's Court, and my name is Dominic Murray," answered the boy. And, touching his cap, he was gone.

SHREDDED Every shred is food for brain and muscle—nourishing and wholesome. You feel good all day. Delicious these cold mornings—heat biscuit in oven, pour hot milk over it and salt to taste. Try it.

"You are the mother of little Dominic, I suppose, Madam?" said the merchant, who never failed in courtesy to any woman.

"Not entirely, sir. But, though I couldn't blame him, 'twould be better if he'd kept his temper. 'Twas an offence against yourself, sir, to make a row in your office. I hope there's nothing serious about it. None of the boys was badly hurt."

"I am come to tell him that he may have the place if he wants it, Madam. As for the other boys, they got no more than they deserved. But I hope you will be patient and moderate in the future. I can not have brows among my employees; and before Dominic—his name ought to be Patrick—is entitled to a vote he will have to take up the cudgel for his country and his religion many a time."

EX-PRESIDENT ROOSEVELT ON HIS RETURN TO THIS COUNTRY WILL LECTURE ON FRANCISCAN MISSION IN AFRICA—THE GREAT AMERICAN GUEST OF MOTHER MARY PAUL AT NSAMBYA.

The mission is under the direction of the Sister from New York, Mother Mary Paul, once known as Miss Mary Murphy. Mr. Roosevelt made this announcement at the mission while on a visit there December 21. Father Dunn has received a letter from Mother Mary Paul telling all about what she calls "the greatest day in the life of the mission."

WALL PAPER and Kalsomine are unsanitary. They are ideal breeding grounds for disease germs. A coat of Alabastine will destroy every disease germ on the wall. Vermin cannot exist on Alabastine. The Alabastine is the most sanitary as well as the most artistic and inexpensive wall-covering.

CHURCH'S ALABASTINE COLD WATER. None Genuine without Little Church on Label. FREE STENCILS. We have organized a Decorative Department, and are prepared to furnish FREE COLOR SCHEMES to suit your particular needs, as well as FREE STENCILS, to all users of Alabastine.

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Thousands of cures of such diseases as Rheumatism (Sciatic), Indigestion, Migraine, Bright's Disease, Nervousness, Catarrh, Insomnia, Indigestion, Dysentery, Lung Trouble, Erysipelas, Liver, Kidney, Bladder and Stomach Troubles, Pneumonia, La Grippe, Bronchitis, Paralysis, Children's Allergies, Female Troubles, Tumors and Abscesses, have been wrought by OXYDONOR.

OXYDONOR gives the whole system such immense vitality through an abundance of Oxygen in blood and tissues—that disease germs and diseased conditions are quickly driven out, and health returns.

DR. H. SANCHE & CO. 300 St. Catherine St. West. Montreal. OXYDONOR is sold in every district to handle our goods.

If you've ever paid any particular attention to life, you may have an idea that God's purpose is to make us happy and useful, and that only when we run counter to His laws are we unhappy.

Send \$6.95. Receive this beautiful new style tailored suit. The suit is made with a semi-fitted back, lined in the most fashionable material. It has a high collar, and is finished with a fine, black, French, two-button, waistcoat, and a pair of black, French, two-button, trousers.

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