ROYAL BAKING POWDER
Absolutely Pure
No Alum—No Phosphate

Inspiration Miscellany

Art of Salesmanship.

Why [illegible] No. [illegible] make money [illegible] that is all you do. [illegible] son for every [illegible] is to give [illegible] money, that money [illegible] Every customer is a good friend or a poor customer. Gain his friendship and his purse will open itself. An authority on selling declares you need not expect to make a sale while you have the money thought in your mind. You can always sell to the man who knows you will serve him, and you should not sell to any other man. Recently the head of a great insurance company died. His daughter, hardly more than a girl, with no business experience, took his place and the foolish wiseacres [illegible]. The girl not only held the business together; she [illegible] the first year. She [illegible] rule of success. I always try to benefit the customer without [illegible] fee." [illegible] your [illegible] compens[illegible] tower [illegible] customer [illegible] and [illegible] self [illegible] manship.

Stretch When You Wake

Most of us tumble out of bed in the morning, have a bath, dress hastily and, having breakfasted, wonder why we are feeling tired and depressed.

The reason lies in the fact that we do not know how to wake up. We have omitted the morning stretch which helps to circulate the blood and stimulates the action of the heart.

Animals stretch and yawn and go through exercises when they wake, and so should man.

By yawning we stretch the lungs and this shows that the body is in need of oxygen.

When you get up imitate the animal—stretch, yawn, do a few exercises, have a bath and brisk rubdown and try and cultivate a pleasant state of mind, and you may be sure you will not experience that feeling of heaviness and depression at the start of the day.

Courtesy In Business

A little store [illegible] neatly [illegible] wrapping paper [illegible] It uses [illegible] phrased and [illegible]. It appears under the heading [illegible] and reads.

"We take pleasure in thanking you for your patronage. We believe the goods bought of us today will give you entire satisfaction and that you will come to us again when you need anything in our line. However if for any reason you are not perfectly satisfied with your purchase we ask as a favor that you report to us at once and we assure you that we will gladly adjust the matter to your satisfaction. We want you to make this store your store, and if you trade here we shall make it our business to see that whatever you buy is entirely satisfactory."

The fellow who claims that business is a cold blooded proposition isn't going to [illegible] The human element [illegible] thing [illegible] you" is [illegible] fancy that [illegible] vised the [illegible] ers has [illegible] thing. If only [illegible] promise [illegible] son to [illegible]

Friendship.

The disputatious person never makes a good friend. In friendship men look for peace and concord and some measure of content. There are enough battles to fight outside, enough jarring and jostling in the street, enough discord in the workaday world without having to look for contention in the realm of the inner life also. There, if anywhere, we ask for an end of strife. Friendship is the [illegible] of the heart, and the peace of the sanctuary should brood over it.—Hugh Black.

Self Control.

If, taxed by obnoxious affairs, you feel like giving away to anger or revolt, then hasten to get away from your own self and do not yield to impressions that are liable to rob you of your self possession. The more we exercise our will in maintaining our mental equipoise the easier this control becomes for us.—Marcus Aurelius.

Aroused Suspicions.

His Wife—Oh, I'm so happy! Her Husband—That so? Who's in trouble?—Philadelphia Ledger.

GROWTH OF THE BODY.

It Comes In Alternate Periods of Filling and Stretching.

[illegible]

Another curious feature of this growth discovered by patient research is the fact that it is not a gradual and regular increase. There are periods in which the youthful body expands rapidly in length, while it seems to become thin and lean.

Then comes a time where there is little increase in height, but the body becomes plump. While there is a slight difference of opinion as to the exact number of years and ages when these alternate growths are in evidence, the [illegible] is [illegible] by the most thorough of the investigators.

Professor Stratz [illegible] states this growth [illegible]

[illegible]

Professor Weissenberg, however, [illegible]

His tabulation is as follows: Period of first fullness, two to four years; period of first stretching, five to six years; period of retarded growth, boys eight to twelve years, girls eight to ten years; period of second stretching, boys thirteen to eighteen years, girls eleven to fifteen years; periods of retarded growth, boys nineteen to twenty-six years, girls sixteen to nineteen years; period of standing still and of the second fullness, twenty-six or twenty-nine to fifty-one years; period of decline, fifty-two to seventy-six years.

Among other interesting features of the growth it is noted that the changes [illegible] walk [illegible] adults of a [illegible] depend upon the season.

[illegible]

New York American.

A Lament From Japan.

The opening of Japan has brought many new trades, but it has driven others out of existence. One handicraft which is making a long but a losing fight is that of making fude or writing brushes. It might have been expected to increase, seeing that education is ten times as prevalent as in the old days, but the steel pen and the lead pencil are formidable competitors and, with their vulgar efficiency, are gradually making the use of fude obsolete. In the primary schools young [illegible] is taught to wield the brush. [illegible] in the middle schools they care [illegible]

Commodores In Our Navy

[illegible] in the United States navy who had commanded a squadron, but no actual rank higher than that of captain existed. In July, 1862, the first captains to hold a higher office were commissioned as commodores. In 1882 the number of commodores on the active list was reduced from twenty-five to ten, and in 1899 the grade was abolished, and the ten commodores on the list promoted to the rank of rear admiral, the numbers in that grade being increased from six to eighteen.

Something Wrong.

There was a steep embankment on [illegible] car full of [illegible] between Seyta and Clary [illegible]."

"Hold on," interrupted the interested listener. "You told me just now you were on the road between Perkinsville and Jackson's Gap when this accident happened."—Spokane Review.

She—What did you think of our scheme for Christmas decoration—holly leaves over laurel?

He—Well, I should have preferred mistletoe over yew.

The Greatest of These.

Pride, Truth and Ambition once met upon the Highway of Life and as often is the case, when Immortals come together, dissention arose in the form of a heated discussion as to which of the three were of greatest benefit to Man. The argument, at last, assumed such proportions, and so remote was the possibility of their reaching an amaciable agreement, that they decided to take the matter before the great Juror, Common Sense, and let him decide the issue. And the following took place:

Pride: Without me, Man's chance for ascendency to Fame would be small indeed. For I am the incentive and the driving power behind the Fury that compels him ever onward. I recognize no distinction nor classification of his position in life, they are one and all alike to me.

A woman who has at her beck and call most of the better things of life, sighs over a fancied grievance and frets herself into semi-hysteria, while just around the corner, a blind worker sings at his task, happy in the knowledge of realizing that his mite of performance has lifted him from the despairing vale of dependence, to the contented heights of independence.

The great man of finance, the author, the artist, the artisan, sit in fond reminescence of what they, with their own hands, have wrought, while out of the primeval forests of unknown country comes the tale of a man, humble of origin, humble of mien, but gifted with the Wisdom of God who carried a message of Hope to his people and made them [illegible] the body of these mansions [illegible] they are spurred on to accomplish greater and better things.

Satisfaction that is never satisfied, the goal of Endeavor that is never reached. I am the open seasame to Progress.

Truth: Ponderous, slow moving, yet ever sure, I travel the long, straight road of Virtue.

The Primrose Paths of Temptation beckon to me on every and out I pause only at the Middle-Paths of Rightousness, to greet those who would seek me and bid them follow me.

I builded the Churches, the best ere is in Art and Literature, and [illegible]ght into the world every Ideal.

Sometimes my enemies, I read. [illegible] and Jealousy combine their [illegible] against me and think to effect my complete annihilation [illegible] crushed to earth and half [illegible] by the mists of False [illegible] I rise again [illegible]

[illegible] the sands [illegible] I have fought and won [illegible] to the End I shall continue.

Ambition: I am the sponsor of almost all accomplishment; I am the life and breath and soul of man itself; I but reach out my hand and five-thousand miles across the sea, a young man throws aside the shakles of bondage, and emigrates to The Land of Promise, and 'midst strange customs, strange faces, and a stranger language, overcomes all obstacles and eventually succeeds.

I journey on the wing of a vagrant thought into the home of the humblest and lo! over night a new Hope is born in the breast of the dweller and he, too, will strive to climb.

I crook my finger and from scenes of peace and plenty a young man or woman is drawn into the maw of the great city, beset by temptation on every side, unworldly wise and unsophisticated, nine times out of ten, they trample precedent, in the form of forgone Failure, under foot.

I am Progress personified; I am all that makes Failure bearable; I am the Spark of Fire that smolders even in a Vaguum.

Common Sense—You ask me to decide upon a question for which there is no answer; for as yourself, contained in yourself, you are invaluable to Man, but when you stoop to petty jealousies and envies, you then become Ego, which in the world of things, of its-self alone, is a nonentity and of no value whatsoever. Your Fortes lie not in single nor signal distinction, but, in continuing allied against the forces of evil to bring out the best that is in Man and to make better men and women.

H. M.

Plain.

"Are you a plain cook?"

"I suppose I could be purtier, mum."—Boston Transcript.

FATHER KOENIG'S Nervine

It Certainly Did Wonders.
1013 Kearney St., Mason City, Ia.,
[illegible] 1916.

Our 14 year old boy was afflicted with St. Vitus dance most seriously since about 2 years. The doctor would get him out of bed and then he would seem to be pretty well, but never without [illegible] and was hardly able to feed [illegible] worse [illegible] not have [illegible]

[illegible]

FREE A Valuable Book on Nervous Diseases [illegible] free [illegible] of Fort Wayne, [illegible] and now by the
KOENIG MED. CO., Chicago, Ill.
62 W. Lake Street, near Dearborn
Sold by Druggists at $1 per bottle, 6 for $5.

Bell Wanted.

It is Fr. Francis Rudiferia, of Tibiao, P. I., who wants a new church-bell for his church, the present one being cracked and unable to summon the far-away Catholics to their Sunday duty. Nor is this demand by way of being a luxury.

"A bell," says the Father, "means a good deal in a country where there are no watches or clocks, and where the people seek any excuse in order not to come to mass. I have now four broken church bells, and they make a noise when rung, that serves for nothing but to amuse the Aglipayans. Can I not find a friend who will be willing to buy a new bell, or to pay for the recasting of one of the old ones?"

It seems a pity to amuse the Aglipayans instead of impressing them. Why not send the price of a sweet-toned bell to this earnest apostle?

"Death without good works before it" was once described by a Persian philosopher as the greatest of all evils.

Even if Colonel Roosevelt were out, how could the bull Moose party survive without George W. Perkins' check book?

PARISIAN MODEL.

How the French Are Turning Out Fall Turbans.

[illegible]

TOWERING EFFECT.

[illegible]

Renovating an Old Rug.

An excellent [illegible] of freshening [illegible] with the following [illegible] a pound of [illegible] a gallon of boiling water [illegible] until completely dissolved. Take from the range and stir well, then leave for half an hour to cool. At the end of that time add half an ounce of sulphuric ether, an ounce of alcohol, two [illegible] an ounce and a half of [illegible] and let the [illegible] for twenty four hours [illegible] then rinse well [illegible] with a sponge [illegible] with a rough cloth. This [illegible] cleans the rug, but [illegible] up the colors.

Religious.

"Is he a religious man?"

"I guess so."

"Does he go to church?"

"I don't think he ever goes himself but he never kicks on his wife going when she wants to."—Detroit Free Press.

Advice is not disliked because it is advice, but because so few people know how to give it.—Leigh Hunt.

THE GREATEST MEDICAL AUTHORITIES IN THE WORLD

Endorse the Value of such Ingredients as are contained in

FATHER JOHN'S MEDICINE

A Body Builder---For Throat Troubles, Coughs and Colds.

Free From Alcohol and Dangerous Drugs---50 Years in Use---Guaranteed.

[illegible] the world as the [illegible] the principal ingredients of Father John's Medicine.

[illegible] that these ingredients are beneficial notably in wasting diseases which are curable and those maladies which are connected with [illegible] and wasting diseases."

To give these statements in full would take too much space, but we will furnish on application [illegible] list of ingredients of Father John's Medicine, the the names of the medical authorities referred to, what they say, the publications and the dates of same.

The history of the medicine is true and we guarantee to give $25,000.00 to any charitable institution if shown otherwise.

Father John's Medicine is recommended for coughs, colds and throat troubles, and to make flesh and strength. It is not a patent medicine, and does not contain alcohol or poisonous drugs. It has been in use over 50 years.

Avon Theater

Some two thousand years ago there was born at Nazareth, He whose teachings have enlightened the world. The events of Jesus' life, from the manger to the Ascension, make the most stirring story of all time to all the races of mankind. The Pathe Company, to fill a long felt want, organized a company of [illegible] and produced "The Life of Our Saviour", an accurate superbly acted, dramatic visualization of Jesus' journey on earth. The compilation of this chronology of Jesus is truly an achievement worthy of the highest praise as it truthfully and geographically portrays with grace and dignity His sufferings and final achievement. This work represents a lifetime of careful study and an immense financial outlay, and because of its tremendous subject is The World's Greatest Drama. The picture is colored and exquisitely arranged so as to bring to the vision a graphic realization of the infinite simplicity, yet monumental strength of Jesus.

This dramatic masterpiece in seven reels will be shown at the Avon Theater for one day only on Sunday, Dec. 31st. Continuous from 1.30 to 11 p.m., at the regular prices.

Don't forget

the date of the opening of the mid winter term of the Rochester Business Institute, Tuesday, January 2, day and evening schools. New classes will be formed in all departments. A good time for you to enter.—Adv.

"Jesus has shown us that He can do more with a handful of men after His own Heart than with a multitude of half hearts."
—Rev. T. Gavan Duffy, P. F. M.

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efficacious as a medicine in general debility and during recovery. A little wine, regularly taken will aid Nature in repairing the waste in tissues incurred during the Winter Season.
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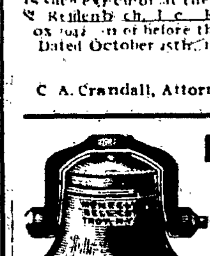
NOTICE TO CREDITORS—Pursuant to an order of Hon. Selden S. Brown, Surrogate of the County of Monroe, notice is hereby given, according to law to all persons having claims against Charles E. Gore, late of the City of Rochester, County of Monroe, State of New York, deceased, to present the same with the vouchers thereof to the undersigned executor at his place for the transaction of business as such executor at the office of Coates, Bennett & Reidenbach, Rochester, N. Y. P. O. [illegible] on or before the 20th day of April, 1917.
Dated October 18th, 1916.
JOSEPH E. GORE, Executor
C. A. Crandall, Attorney for Executor.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