TODAY'S CHANCE COUNTS
The main chance is today's chance. The wrecks along life's highwaynces tiry to that simple truth. It is right
and good to look ahead, but the man
who sees who sees arthest is the man who
keeps his eyes on his job. It is splen-
did to have the urge did to have the urge to climb high.
But the man wha gets thee is he who
neter takes his gate from the finger holds in the sheer rock wall of his
hard ascent. Pitifulit is to see the broken hulk
of aman lying at the base of life's
mountain side and to know that he fell from high when success had turnEdery way, in every field, we see
these wrecks. And the point a moral that no man dare disregard. Life's far betwen are the plateau lands upp
on which the breath-spent toiler may seek refreshment.
How many are the men, in private business or public concerns, who
flushes with the zeal for great at
tainment, deppise the smaller tasks
and tainment, despise the smaller tasks
which lead them to the eoal How of
the ten a man who uses a publie offire
to gain a higher honor, awaes to the
rude actuaty that he has ben
weighed and found wanting in his
 in proving true in the obscure, hum-
be te task of the prsent moment. The
man who keens ever in mint man who keeps ever in mind that his
present jobis his main oiob that the
present chance is the main chance, present chance is the main chance
builds slowly, but surely, to broader
trusts and The builder knows that the higher he would rear his structure toward
the heavens, the deeper and broader and heavense, the deeper and hroader
The tivginger mant be be bedation. The digging may be dull and tediouct
but without there can e for each
of us no lofty tower to challenge the

## EXIT THE CHAUTAUQUA

 ter a week of delightful, high-class
entertainment termed by many as the entertainment termed by many as the
equal if not he esuperior of any of the
programs of the past years. Viewed programs of the past years. Viewe
from this viewpont, the Chautauqua
was an outstanding success But considered from the financia But considered from the financial
side it
heavy heary loss to the pubhi--spirited diciti
zens who had sponsored it as gair zens who had dsponsored it as
antors. Thar
mhich which ymeans that this amount was
apportioned among the signers of the
contran contract and paid without complain
which shows a fine spirit on the par which shows a fine spirit on the par
of these itizens. thumb what they
did tis not appreciated by the public in general
Chautaunquaa this year, coupled with Chautauqua this year, coupled with
the heany defici, has in ail robabili
ty spelled the abolition of his insi tution which has been well estabished In the community for the past ten
years. If Clinton is quitting haten-
qua, ant certainy is if it is expected



There is a sweet symphony some- eight hours of sleep each night; I pro-
 Sift your dials untili you fome find it then , that causes it to appreciat athe the here.

 away from them. You have a right to $\qquad$
$\qquad$
$\qquad$
$\qquad$ but you won't get the best in the If 1 tire of them 1 tune em. out.
world unless you tune in for it. The There's often good music, though,
 I am mighty careful- of my reeive If this world is to be made better
ng set. I feed it, clothe it, house it for us, we must try being better our (in Gun GUIDEPOSTS TO
By Bernarr Macfadden The standards of beauty are often To exercise jaw muscles, grasp the widely divergent, and yet there are chin firmly with one hand and move
three main essentials to beauty, that the jaw from side to side, at the same ever change. They are form, contour time resisting the movement. Repeat matter of food and elimination. Form a en or more times, depends to a large extent on the bony muscies and tissues to build up the cructure, which cannot or ininarily be mhere the first wrinkles usual-
changed. But the ace can be improved or distorted by the finger tips on the upper part of
development of the muscles. development of the muscles.
The most common of our facial de- $\begin{aligned} & \text { the cheekbone, open the mouth in an } \\ & \text { exaggerated smile that the corners }\end{aligned}$ The most common of our facial de- exaggerated smile that the corners
feets-wrinkles, sallow skin, hollow-
ness drawn up, and drop the chin. Now ness or flabbiness can be remedied. the muscles are bunched up. Alter-
Local treatment is utterly useless un-
nately open and close the Local treatment is utterly useless un- nately open and close the jaws, at the
less the general health of the body is
same time steadily massaging the what it should be. But assuming that same ti
the health is good, what can be done
to improve one's looks?
The half-hearted attention to these The first requirements are fresh
exercises is practically useless. Good
results are obtainet only by regular general habits. Wrinkles and hollow
cheeks mean that the muscles of the ang and patience. It must be
remembered that facial defects are fáce are not supporting the flesh and
skin as and neglect and that they the of abuse
and skin as they are intended by nature
to do. Excess fat is waste, and can be mofore the correct form and ercises that buill up the tissues of the Alternate aplications of hot and They take only a few moments a day and not produce the ruinous effect of all, tike many good things is. Best of powerfal artifcial astringents, such But the valuic of exercise, careful
cost nothing.
Open the mouth wide, so as to con- diet and byilding up of general haalth The the the contracted mascies, opening and clos- poisonous emotions. Envy, hate, jeaduring the massaging. This is good within. Trull must be fought from
dor Another or flabby checks. $\quad$ Iy enemies of beauty and health on Another good exercise to supple- the other hand, the happy, wholeede cheecks with air, lips tightly clos- beauty of expression, even though the ed, roling the tongue around in each boney structure is impossible
bheek.


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| :---: | :---: |
| BUICK MOTOR COMPANY, 'FLINT, MICHIGAN Canadian Factories Division of General Motors Builders of Mclaughlin-Buick, Oshawa, Ont. Corporation Buick and Marquefte Motor Cars |  |

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