



TROPHIES AND MEDALS THAT ARE TREASURES

When you are buying Medals or Trophies consider the feelings of the men, boys, and youths to whom they are to be given. In the years to come they will show their well-earned honors to friends with a feeling of pride if you

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Every time they look at a Cairney product they will fight their battles over again and conjure up thoughts of how they won the games they were so enthused over.

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IS COFFEE HEALTHFUL?

AUTHORITIES SAY YES!

Charles Hyatt-Woolf, F.R.P.S., Editor of Science Siftings; George Black, M.B., Edinburgh; Dr. Willoughby, lecturer at the Institute of Hygiene, London—these, and many other authorities, unanimously agree that Coffee is one of the best beverages you can possibly take, provided, of course, that it is good coffee like "CLUB" COFFEE.

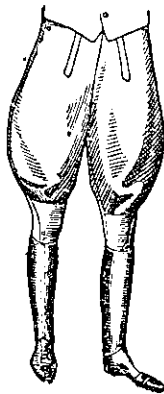
Between poor coffee and good coffee there is as much difference as there is between chalk and cheese. You try "Club." Make it carefully, of course, that it is good coffee like "CLUB" COFFEE.

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My Advanced Course of Home Training by post is a system built upon similar lines to those on which such world-famed men as Saxon, Sandow, Hackenschmidt, Inch, etc., have trained. It is a system of gradually progressive weight-lifting exercises (not feats of strength). There is a vast difference between STRENGTH FEAT and an EXERCISE with a weight which you can handle with ease and comfort. This method of building up your strength and physique is the most rapid and effective the world has ever known. There is no monotony and the exercises properly mapped out by an expert to suit the individual needs CANNOT FAIL to give the greatest results in the matter of strength and muscle it is possible to attain. Do not be misled by attacks on weight lifting. Such attacks generally come from persons who have never handled a weight in their lives, and who, therefore, are not competent to voice an opinion. Write at once for "A SHORT CUT TO STRENGTH," and terms, which I will mail you free. DO IT NOW.

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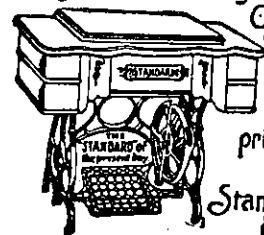
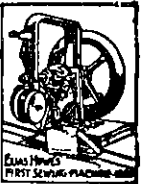
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