

## FOOD MAKES BEAUTY

IT IS ANY FOOD THAT A WOMAN HAPPENS TO CHAVE.

The Range Is From Small Birds to Corned Beef and Cabbage—Diets Which Enable Women to Keep Their Nerve When in Trouble.

"Each woman is a law unto herself in the matter of diet," said a woman who makes a study of psychology and many other things. "I once saw a woman on trial for murder who asked for a lamb chop and French fried potatoes and a cup of coffee. She ate them to the very dregs, then washed her hands and face, brushed her hair, smoothed her gown and announced that she was ready."

"All the newspapers commented upon her remarkably fresh appearance. Her complexion was like the rose. She had been in a dull dark room for months, but she came out looking as fresh and as well groomed as though she had been out in the sunlight every day."

"When she walked through the snow she kicked it from very delight, and when she got into the air she fairly skipped. A man would have dropped and dragged his feet along as he walked."

"I believe that it is all due to the diet that women have. Women stand nervous strain better than men, and in hours of trial they eat more."

"A sort of extra sense tells them that it is time to keep up their strength. This same sense also tells them that they will need the influence of their beauty."

"When a man is in trouble, when his nerves are unstrung, he eats nothing at all. The drug store supplies him with something for his nerves and he stops in elsewhere to get a brace. When it comes to a slice of good roast beef and potato he is missing."

"Beautiful women make a fad of fine dining. I know one lovely woman who makes a study of delicate eating. She has a complexion like a peach and hands as smooth as velvet, inside and out. Her hair lies as though it had been varnished, so high is its gloss, and the waves are deep and dark."

"It is all my diet," she says. "I used to be that woman who ate pastry and lived on candy between whistles. Now it has come to pass that woman has learned to like wild game and that she realizes the direct relation between good substantial eating and a good substantial style of beauty."

"I remember going to the court room to see a woman who had been called as a witness in a most trying case. She went through the ordeal in a wilted condition. At recess I approached her. She smiled and extended her hand."

"I must eat something," said she. "What shall it be?" I asked. "A plate of corned beef and cabbage," said she.

"I succeeded in getting a platter of it and she ate greedily. That afternoon she surprised the lawyers and the spectators by her brilliancy."

"All this goes to prove that you can never tell what will come next, where a woman is concerned, though her success in nearly every case can be directly traced to her very epicurean list."

### GUIDES TO HEALTH.

A bad complexion may be due to some skin disease, to indigestion, anaemia, or some internal complaint. The raw food diet is very effective where the complexion is caused by indigestion. One should begin first with fruit and cereals, and slowly eliminate the greasy dishes from one's menu.

A cure for rheumatism: Put one teaspoonful white mustard seed (whole) in half a glass of water and take three times a day. This also clears the complexion.

Skating is an exhilarating exercise, quickening the circulation and strengthening not only the muscles of the lower limbs, but of the whole body. It strengthens the ankles and when not carried to excess gives an easy, graceful carriage to those indulging in it.

### Mole Lore.

According to an old authority a mole on the right cheek or right arm signifies happiness in love affairs; on the right hand, a happy marriage.

A mole on the left cheek or left arm signifies adverse fortune, particularly as regards love affairs; on the left hand, an unfortunate marriage from a worldly point of view.

Moles on the right cheek or arm, in combination with one or more on the left hand, point to more good fortune in love affairs than in money matters.

A mole at the corner of the right eye predicts a rich and indulgent husband. A mole on the right side of the chin shows good fortune, long life and a happy marriage.

A mole on the chin, if it be light yellow in color, denotes that a woman will be a good housewife; if brown in color, it portends a happy married life.

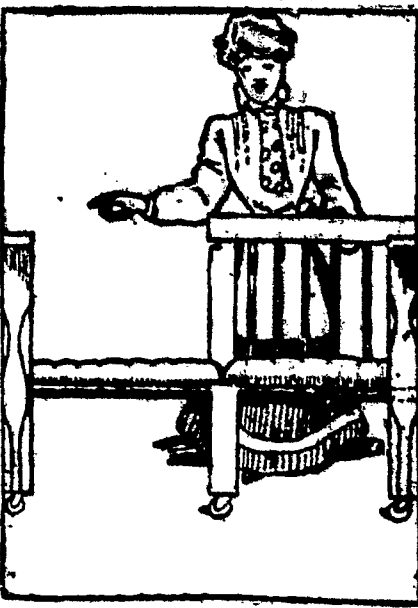
A mole on the tip of the nose much admiration and jealous lovers, shows to a woman likelihood of in her dealings with whom she is recommended to exercise great caution and discretion.

A mole at the right hand corner of the mouth is a sign of wealth; a mole at the left-hand corner of the mouth warns the possessor to beware of treachery and a false lover.

## DISPENSE WITH A BED.

Convertible Chairs Add to The Appearance Of The Room.

The numerous positions into which a Morris chair can be readily changed account for its popularity. The user can adapt the chair to almost any incline desired, with one exception—he cannot change the chair to a couch. This is overcome in the convertible chair shown in the illustration. Nominally the chair serves the pur-



poses of the ordinary, but by a few quick changes can be transformed into a couch. In construction the seat of the chair is made in two sections, one section telescoping into the other. When necessary to lengthen the chair into a couch one section is pulled out, one side of the chair becoming the head and the other the foot of the couch. The cushion is also in two sections, both of which are ordinarily on the chair, but quickly spread out on the frame of the couch.

### HOME COOKING.

#### Chicken Chowder.

Boil a fowl until tender, then cut into dice. When the liquid is cold skim off the fat. Fry in this fat two sliced onions, add five peeled potatoes, cut into dice, and put in the cut-up chicken. Add the chicken liquor, turn all into a pot, season with pepper and salt, and, if they are desired, add a can of tomatoes. The chowder is good with or without this addition. Cook all together for a half hour.

#### Breakfast Coffee Cake.

Take a piece of bread dough and add one-half cupful of sugar and a tablespoonful of melted butter; then roll out an inch thick and put on a greased pie pan, brush the top with melted butter and cover thick with cinnamon and sugar; let it rise and bake a quick. Cut in long narrow strips to serve. Eat hot or cold. It is nice made Saturday with the other baking to use Sunday morning for breakfast.

#### Tender Pot Roast.

Put the beef into an iron pot with a little butter, but with no salt. Brown on both sides, then add two tablespoonfuls of vinegar and boil for a few minutes before pouring in a little water, then salt, pepper, onion juice and a pinch of baking soda. Cook until it is tender enough to fall apart, then thicken the gravy, transfer the meat to a platter, put the gravy over it and garnish with parsley.

#### To Keep A Fire.

If a fire is needed to be kept in for a long time the following method is recommended:

On the top of a glowing fire place some newspapers, dampened and folded into tight balls; on the top of this place a layer of dampened coal dust, and then again a layer of newspaper balls, finishing with a layer of coal dust.

When the fire is required it will only be necessary to give a gentle stir and place a few small pieces at the top and in a short space of time there will be a good fire. All clinders should be carefully sifted through a small-meshed sieve. They can then be placed at the back of the fire, or next to the wood for lighting, when a clear fire can soon be obtained.

#### What Not To Wear.

A poorly fitting corset under a well-made dress.

White muslin petticoats for street wear.

Bordered lace veils unless they are worn below the chin, and dotted veils with weak eyes.

Trailing skirts on a stormy day.

Ripped or torn kid gloves at any time.

Large buttons for fastening a waist over a stout figure.

Rose pink accessories under or over a wrinkled face or neck.

Grey or navy blue veils over a sallow complexion.

Round hats with a full face and a peaked crown with sharp-faced features.

Linen collars with a homely neck, or linen cuffs with dark, thin or wrinkled hands.

Tightly drawn back hair with a thin face, and a high coiffure with a long head.

#### Padding The Handle of an Iron.

If you suffer from soreness of the hand after ironing a remedy will be found in a double thickness of chamomile cut to shape and stitched neatly over the iron handle. The seam is to be turned underneath. Canton flannel is also good, though not so soft as the chamomile. Of course an arrangement of this sort would apply only to patent irons with detachable handles.

## AGE INFLUENCE ON CHILDREN.

Children Are Born to Parents Now Fifty Years Old.

That the race would be better off were no children born to parents not near the 50-year mark is the astonishing theory of C. L. Redfield, a well-known Chicago scientist.

Mr. Redfield contends that the later in the life of the parent that the child is born the more will the child show evidence of inheriting the benefit of the long experience of life enjoyed by the parent. In a collection of interesting figures and statistics he goes on to show that the sons of men more than 50 years of age have in nearly all cases shown evidence of marked ability above that of the offspring of parents of fewer years.

"If the father is an elderly man the child, I believe is predestined to partake of the sounder judgment of the parent, formed through years of experience in buffetings with the world," he writes. As a preliminary to the inauguration of the reform which Mr. Redfield favors, he would absolutely prohibit the marriage of men at less than 21 years, and of women at less than 18 years.

"With very early reproduction restricted two generations would see our pauper and criminal classes practically extinct," he says.

Mr. Redfield gives the following concise explanation of his theory: "That men of mature years are better calculated to be fathers than the younger men."

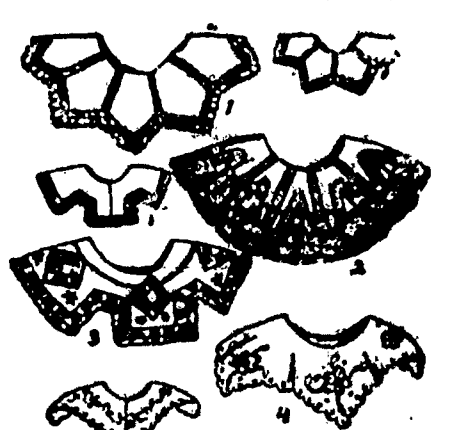
"Under uniform conditions the healthy man usually attains the best physical development between the ages of 25 and 30, and maintains it to some time between 40 and 50. Occasionally he comes to physical maturity at an earlier age, and sometimes he retains his strength beyond 50, and even beyond 60."

"The growth and development of the brain are similar to those of the body, but are continued for a much longer time. The brain differs from the body in that its functional capacity may be enormously increased without apparent increase in size. For what length of time the brain continues to grow is uncertain, and the brain is made more capacious by intellectual activity."

Here are some of the conspicuous examples of men born of parents well along in years, cites Mr. Redfield: "Sir Francis Bacon, John Hunter, William Pitt, Shakespeare, Cromwell, Cuvier, Lamarck, Napoleon, Moses, Isaac, Solon, Confucius, Buddha, Mohammed, Alexander the Great, Philip of Macedonia, Aristotle, Alcibiades, Pericles, Augustus Caesar, Julius Caesar."

#### Girl's Bertha Collar.

The Bertha collar is becoming to every child's figure and in some form or other is an addition to very nearly every frock. Here are four sorts that provide both for the plainer dresses and the more fanciful ones and that are shaped and trimmed in a variety of ways. As illustrated No. 1 is made of white lawn trimmed with Valenciennes lace and



Insertion. No. 2 is made of white batiste with lace put on in an altogether different and far more elaborate manner and No. 3 is of the same material with lace insertion, edging and banding but No. 4 is embroidered by hand. All the models are susceptible of variations, however, and embroidery can be substituted for lace and, indeed, any banding that is adapted to the material while No. 4 can be embroidered or banded in any design that may be selected.

#### What Lemons Are For.

Every toilet table should be supplied with lemons. They are so valuable one cannot do without them. A bad headache can be cured by a teaspoonful of juice in a cupful of black coffee.

A slice of lemon rubbed on the temples and back of the neck may be used for headache.

A little rubbed on the skin at night will soften and whiten its texture.

A paste made of magnesia and lemon is excellent to whiten the hands.

A good manicure acid is made from a teaspoonful of lemon juice in a cupful of warm water. It will cure discolored finger nails.

Lemon juice in water will loosen the tartar that forms on the teeth. It makes the breath sweet.

Lemon is excellent for cleaning tan shoes, also taking the black stains away by rubbing with soft cloth.

#### Hints For The Laundry.

Grass stains rubbed with molasses will come out in the washing without further care.

If you wish to bleach a cotton dress white, that has become faded, boil in cream of tartar water.

To remove tea, coffee or chocolate stains from table linen, sprinkle with borax and soak in cold water. Then stretch the linen over a bowl and pour boiling water directly upon stained places.

## ONLY AN ENGAGEMENT RING.

By Miss Helene Morris.

"It's no use, Aunt Mary; I can't find it; and whatever shall I do?"

"Tell him the truth, dear, explain to him that you have mislaid it," replied the sweet voice rather sadly, and Louise Durham looking up beheld tears in her aunt's bright eyes. "What is it, auntie?" she cried. "What have I done?"

"Nothing dear child, but come here and I will tell you a story, a true one, Louise, for no other than your old auntie is the heroine of it."

As she spoke she drew the young girl to a sofa and seated herself beside her.

"What is it about auntie? You never lost an engagement ring, did you?"

"Yes, I did just that, Lou, just the same as you have done to-day. It was certainly lost in some way, and with all my hunting I could not find the missing ring. My fiancée (I could not tell you his name, dear, for you know it well), we will call him Harry for the time, was a handsome youth, fine figure, good natured always, but with one fault, and that was jealousy. I loved him, Lou, how I loved him," and she paused for a moment and looked out of the window with unseeing eyes.

"We became engaged," continued the soft voice, "and he gave me a ring, a beautiful thing, something like the one Frank has given you, Lou."

There was a slight movement on the other side of the heavy portieres, which caused both to look in that direction, but all was quiet again, the voice went on.

"There was a young man around town at that time, who had just returned from the West. His name was Joel Wingate. Several years before we had met and been very friendly, nothing more than friends, Lou, for we were almost children. He had given me a ring, just a token of friendship, he said, and I can remember that with childish delight I prized that ring above everything else. Long before I became engaged to Harry, Joel and his ring were alike forgotten, and I thought only of my true love. I had been engaged but three months when I lost the ring I prized so highly. That same evening we were going to a ball together and I knew Harry would miss it at once. I was sure it was somewhere in my room, and that on the morrow I would find it, but what to do for the present was what worried me."

"I frantically looked through my jewel case, and suddenly, my eye caught the glitter of a ring which exactly resembled the lost diamond. I found it on inspection to be the one Joel had given me years before, and I wondered if I might not wear it and Harry never suspect but that it was his own. Suddenly I thought of Joel's being in town, and the probability of his being at the ball, too. Then I thought that even though he wore there, he like myself, would have forgotten that childish token. I danced and danced that eve and towards the middle of the night it didn't surprise me to see Joel coming towards me eager to claim a wait. I discreetly kept my hand out of his sight and was flattered myself that all would be well, when suddenly Joel picked up my hand which held the ring and said: 'You still wear my ring, I see.' Harry was standing near me and I could see was regarding me with jealous eyes. He caught the last words, and, coming up close to me said: 'Your ring, did you say? I looked fairly at it, I suppose, for he excitedly said: 'It is my ring, is it not?' He tore the ring from my finger and looked inside for the initials, and of course found none. I faltered out something about losing his ring, but he cut me short, and bowing first to me, and then to Joel, said very sarcastically: 'I wish you good evening,' and stalked away. You can imagine my heart-broken condition to see the man I loved so dearly leave me in such a manner."

"Did you love him very much, auntie, much as I love my Frank?" Aunt Mary smiled tenderly at her. "Love him?" she echoed. "Ah yes, dear, more than my life, but I fear he did not return it, else—"

But she was interrupted by a pair of strong arms thrown around her, and a deep voice saying brokenly: "My Mary, I've always loved you, but you, I thought you loved that man; and Mary, can you forgive me, can you?"

He looked into her eyes, seeing only joy and happiness there—

When Harry Desmond entered the room to claim Aunt Mary as his own, Frank Desmond, no other than his nephew, seized and carried off Louise to the garden.

"But, Frank, is he really her lover?" gasped Lou when she could get her breath. "Yes, would you believe that he and your aunt could have such a romance, and we know nothing of it? To-day uncle told me something of it, and I persuaded him to call with me and see you. He very reluctantly came, and when we heard voices on the other side of the portieres we stopped to listen, and this is the result."

"Oh, Frank, I'm so glad, aren't you?"

"Yes, darling," he whispered, drawing her closely to him, "no ring shall ever come between us—"

Why cook yourself as well as the food? Isn't it hot enough in the Summer without additional heat from a coal range?

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