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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 or demands against Margaret M. O'Neill, 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 as such administratrix at No. 225-226 Powers Block, Rochester, N.Y., on or before the 19th day of July, 1909.

MARY A. O'NEILL, Administratrix.

Keenan & Keenan, Attorneys for Administratrix, No. 225-226 Powers Block, Rochester, N. Y.

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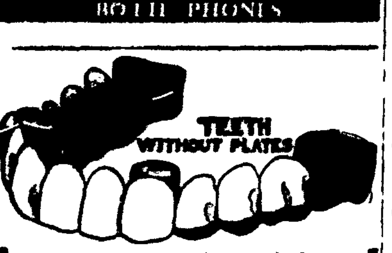

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REMOVE WRINKLES.

MASSAGING THE FEET WILL OBLITERATE LINES IN FACE.

These Highly Sensitive Centers Have Influence Upon Temperament Continued Pain Leaves Well Marked Signs.

"If women would have their feet massaged instead of their faces there would be fewer wrinkles," says a well known chiropodist. "For this treatment would relieve the cause of numerous worried lines that appear in the forehead and around the eyes and mouth, though few persons realize it. They do not know that the feet are the greatest nerve centers in the body, and that when they become irritated and hurt it shows plainly in the face. Nor are they aware that continued pains make wrinkles. For this reason I would advise women to make certain that their feet are well cared for before they begin to have their faces treated to remove lines, or the massage will be practically useless, for unless the cause of the wrinkles is first done away with the superficial patting and pinching of the seamed flesh will be of small consequence in making the skin look fresh and young again.

"I know, too, that many cases of stomach trouble are directely traceable to the irritated nerves in the feet and that, as a rule, all sorts of causes are suggested before this one is considered as even possible. Yet when women appreciate the sensitiveness of the nerve centers located in the feet they realize how important it is to have them properly treated and well cared for to secure comfort as well as good health.

"By proper care of the feet I do not mean that one should have them regularly treated by a trained chiropodist unless there is actual need, but I do believe that a surgeon or some one who understands thoroughly anatomy should make an examination to be sure the instep is not dropped or sagged, and then I would recommend a kind of shoe that would meet all the necessary requirements in shape, and width, and give the proper support to toes, instep and ankle. The rest, the selection of stockings and daily bathing, etc., can be easily attended to by each individual and the natural law of hygiene, if followed, should be sufficient to keep them in condition. With hosiery that fits closely, yet does not bind or cramp the toes, and shoes that conform to the shape of the foot—women can well defy the marks of time.

Dainty Lingerie Hats.

There is a charm about the dainty lingerie hat that every woman feels and appreciates. Here is one which can quite easily and readily be made at home and that are suited to a number of materials.

The hat shown in the illustration is adapted to Irish lace, both the

heavy and the baby sorts, and to heavy linen embroidered by hand. As shown its edge also is finished with a narrow frill of lace, so giving a soft effect to the face. The brim is plain and the crown is separate, buttoned over the band and the lace. Ribbon slipped under the band and tied in a bow makes the trimming.

Tea Drinking.

How often may one take tea in the day without injury to health? Most persons can take tea twice a day and feel the better for it. Curiously enough, it has been ascertained by experiment that the foods which digest most readily in the presence of tea are the usual breakfast foods, to wit: Eggs, bacon and fish. Tea does not appreciably retard the digestion of these, hence it may be taken with perfect physiological safety at breakfast, when it is peculiarly grateful after the long night's sleep, and is undoubtedly beneficial to the system in virtue of the comparatively large quantity of hot water which is introduced into the tissues along with the theine proper.

When tea has been taken in the morning it should not be again taken until well on in the afternoon, when a cup or two will be found to be very welcome, expediting, as it so often does, the final stages of digestion of the midday meal, and reviving in an entirely wholesome way the vital energy which tends to flag toward 5 o'clock.

A Long Life.

To prolong life one should take plenty of sleep and remember to sleep lying on the right side, indulge in a morning bath in tepid water, keep the window of the sleeping room open all night, take frequent and short holidays, not be over ambitious and hold one's temper.

NERVOUS AMERICAN CHILDREN

Are Result of Forced Restraint and Overcrowding in Studies.

If it is really a fact that modern civilized children are born with nervous tissue of finer fiber, and therefore, more irritable than that found in more primitive cutural states, it is a condition to be given most serious consideration. We are no longer justified in arranging school work as though all the little ones were as phlegmatic as Indian babies. The natural environment of childhood is untrammeled freedom in the open air, says American Medicine. The explosive shouts emitted as soon as a child is released from a session prove that it has been under an exhausting restraint. Of course this fact has long been known by intelligent teachers who give their little charges numerous occasions to blow off steam, but it does seem that much more can be done than is done. If it is true that American children are of a more nervous type than those of northern Europe, we can expect to find a greater proportion of nervous diseases among them. A great class of "nervous" little bodies should be out rolling in the sand instead of sitting bolt upright on a hard, uncomfortable bench. The present mania of the American mother to educate her babies long years before it is time is merely one of the evil results of our system, and since it is not possible to convince her of the harm done by such confinement, the problem before the school authorities seems to be to make the first few years of school approximate, as nearly as discipline will permit, the rollicking natural life of the babies in their charge. After all, a big share of the "nervousness" and ill health of school children is due to eyestrain, a truth as important as it is neglected.

NEEDLEWORK NOTES.

In mending gloves it is better to use cotton the color of the glove rather than silk. The gloss of the latter draws attention to the stitches which would hardly be visible in cotton.

To curl feathers the ribs are scraped with a bit of glass cut circularly, in order to render them pliant, and then, by drawing the edge of a blunt knife over the filaments they assume the curly form so much admired.

Among the lace accessories are sets of collars and cuffs of dainty embroidery. The collars are made with round yokes and deep cuffs. Another pretty set is made with a small round yoke for the collar and deep cuffs, the material is organdie, with edging and insertion of Irish lace.

Cut off the feet of old stockings, cut the legs, open and sew them up, two together, for rubbers. These will be found to make excellent "house flannels," and useful polishers for furniture. The cut-off foot, opened out, are handy for applying the beeswax and turpentine, or other polishing medium.

The Outdoor Girl.

The fashion of outdoor life for girls as well as for boys has had many beneficial results, says Harper's Bazar. The better health and better spirits of our young women, their less conventional and more wholesome attitude toward the [illegible] men, are all pleasant to note. Sometimes an onlooker is led to wonder if the change is wholly for the better. One misses the gentleness, respect and reverence that are naturally looked for in well-brought up young womanhood, and which used to be combined so admirably with no mean intellectual ability in the girls of the last generation. One ceased long ago to expect of them what used to be called manners. But are the essentials also lacking? And if they are, where lies the blame? The steel-engraving lady is not to be called back, but the gentlewoman cannot be allowed to pass. She may play tennis and golf baseball if she likes. She may ride, row and sail, but gentle should she be when the sport is over—gracious in her own home, respectful to her superiors, whether in age or in wisdom, and reverent before the sacred things of life.

How to Be Well Dressed.

The Frenchwoman would tell her English sister, if the question were asked her, that one reason why the Parisian as a rule looks better dressed than other women is because she patronizes the dyer and cleaner more frequently. In Paris alone there are upward of three thousand cleaning establishments, for the careful Frenchwoman does not wear a nice blouse or dress till it is dirty and draggled looking, but directly it shows any lack of freshness she packs it off to the cleaner's to have it restored to its original condition. Thus the garment does at least six times the smart service that it might if owned by the average Englishwoman, and she can afford when she replaces it to buy something really good and well made.

Squibs About Women.

Deaf mutes are the only women that ever go without saying.

The average woman don't want a vote if she can get a voter.

The woman who hesitates isn't always slow, but she stutters.

The less you say about woman keeping a secret the better.

The woman who is proud of her small feet walks on her pride.

A woman never finds experience for sale on a bargain counter.

A woman never weeps more bitterly than when she weeps for spite

The Misses Lux
Formerly at McCurdy's.
Invite their friends and former patrons to inspect a complete display of the latest and best Spring Fashions at their new millinery shop.
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Easter Hats
Our First Spring Season
You are cordially invited to inspect our display of absolutely the latest in Spring fashions
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A Large Head of Hair
Is absolutely necessary to make your hats look becomingly; we therefore advise that you visit Levenson's Hair store, they have a full assortment of braids, puffs and pomps, etc. They have expert hairdressers who know how to dress your hair in the latest styles, also shampooing, manicuring, face and scalp treatment. Popular prices.
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