



Rochester Business Institute

Fall Term Opening for the fifty-fourth year will occur Tuesday, September 5th. The school offices will be open daily from 8:30 to 5:00 (Saturday afternoons excepted) for registration and adjustment of courses. Conferences with the principal can be arranged for in advance by telephone, Stone 326, Main 3869.

The R. B. I. has just completed the most successful year in its history. 1,015 students were enrolled during the year and all who completed their courses have been placed in suitable positions. The number of calls from business houses for assistants was nearly double the number of graduates. The present demand for students trained to do efficient work in stenography, typewriting, bookkeeping, penmanship, billing, etc., is very active. The young people of Rochester and vicinity are asked to note these facts. Come let us train you for service and success.

R. B. I. Building
172 Clinton Avenue South



The National Casket Company

Largest Manufacturers of Undertakers Supplies in the World

Look for the Trade Mark

What Housewives Are Glad to Know

Home Cookery

Ripe Tomato Ketchup.
Slice a peck of ripe tomatoes and three large onions. Boil an hour. Strain through colander and add one and one-half cupsful of elder vinegar, a cupful of sugar, three tablespoonfuls of salt and a tablespoonful each of mustard seed, whole cloves and black pepper and two sticks of cinnamon. Put the spices in a cloth and remove when the ketchup is done. Boil three hours, then add one-third teaspoonful of cayenne pepper. Boil up and bottle.

Green Corn Fritters.
With a sharp knife clip off the grains of six large ears of corn, then scrape. Add an egg, one-half cupful of milk, one-half cupful of flour, and salt and pepper to taste. Drop in hot fat and fry.

Baked Onions.
One-half dozen good sized onions, sliced. Put in a baking dish a layer of onions, then a layer of breadcrumbs, salt, pepper and butter until dish is full. The last layer should be breadcrumbs. Cover with milk and bake.

Escalloped Potatoes.
Pare the potatoes, slice thin, wash and drain. Put in a baking dish alternate layers of potatoes and cracker crumbs, seasoned with butter, salt and pepper. Put a few slices of onion on top, also a good sized piece of butter. Cover with milk and bake until tender.

Fried Green Tomatoes.
Slice tomatoes and sprinkle with salt. Let stand a few minutes, then roll in flour, season with pepper and fry in hot butter. Brown on both sides.

Fried Cucumbers.
Large cucumbers too old to pickle are best. Slice, let stand in salt a few moments, roll in flour and fry a nice brown.

Baked Corn.
A quart of sweet corn, a cupful of sweet milk, a tablespoonful of butter and one of sugar, an egg, salt and pepper to taste. Mix all together and bake until brown.

Gooseberry Ketchup.
Eight pounds of ripe or partially ripe fruit, four pounds of brown sugar, a pint of good vinegar, two ounces each of cloves and cinnamon tied in a bag. Boil berries, sugar and vinegar for three hours. Add spice, boil fifteen minutes longer.

Hourglass Sewing Basket

Two oblong peach baskets, their bottoms fastened together and the whole covered with silk, formed the hourglass sewing or darning basket shown in the sketch, says Popular Mechanics.



MADE OF PEACH BASKETS.

Square plum baskets and other forms trimmed in cretonne, linen or inexpensive goods, depending on the intended use, may also be utilized. Ornamental details may be added to suit the individual taste.

Kitchen Kinks

If a little vaseline is rubbed on the backs of scrub brushes before they are washed, the ammonia in the water will not injure the brushes and the vaseline may be rubbed off afterward.

Olive oil applied to the surface of mahogany furniture and rubbed with a soft cloth makes an excellent polish. A little glycerin rubbed on windows which have just been washed will give a gloss to the surface and the glass will stay clean longer.

Strong flavored vegetables, such as cabbage, onions and turnips should be cooked uncovered.

Painted woodwork must never be scrubbed, only washed at least once a fortnight and rubbed thoroughly dry.

Can't Fool a Wise Guy.



The Home Medicine Chest Equipment

The following medicines should be found in every home medicine chest: Alcohol, used externally for strains, sprains and bruises; aromatic spirits of ammonia, a stimulant used in fainting when added to water; castor oil, a mild purge; powdered mustard, one teaspoonful in a glass of lukewarm water to cause vomiting and in a plaster as counterirritant; strip of ginger for rashes in the stomach; strip of bicarbonate to cause vomiting and especially useful in cases of cramp; carbolic solution, talcum powder, white castile soap, absorbent cotton one half pound, x gauze roller bandages, one roll adhesive plaster, bandage for slight injuries of the skin, pair of scissors, red wax, two bent glass drinking tubes, antacid syringe with glass points, oil cream or hand lotion for chapped hands, lip salve, equal parts of lanolin and vaseline.

Valuable Facts All Should Know

Breathing.
Breathe through the nose, as this method will warm and moisten and purify the air. Breathing through the mouth will not. Colds, so called, are contracted by mouth breathing.

Food For Fat People.
Don't take fat reducing medicines if you are too stout. Cut down your diet, get out of door exercise, and you will assume normal lines and weight. Avoid sweets, eggs, cream, fat meats and especially potatoes.

For Insomnia.
Drink a generous quantity of water; then half an hour later eat slowly a paprika or red pepper crustless sandwich with butter, half an hour before bedtime. It will draw the blood from the head to the stomach, stimulate the stomach and rest the brain.

Drawing.
Lay the body face downward, face turned to one side so as not to prevent breathing. Extend arms above head. Kneel astride the buttock, place your hands on the short ribs and alternately press down with the weight of your shoulders and release twelve to fifteen times to the minute. Do this for an hour if necessary. When natural breathing is restored rub legs and body toward the heart to stimulate circulation.

Jellied Meat and Vegetables.
Cook a cupful of stock, a cupful of hot water and a little beef extract, with a tablespoonful each of minced onion and parsley, for five minutes. Soften a tablespoonful of gelatin in cold water and pour the hot stock over it. Stir until dissolved, then strain. Place alternating layers of thinly sliced cold chicken or lamb in a plain mold, with cold cooked peas and carrots cut in tiny cubes. Add a sprinkle of lemon juice to each layer of meat and pour the jelly over all. Set on ice or in a cool place until the jelly is firm. Serve, evenly sliced, with lettuce, watercress or parsley.

DON'TS FOR MOTORISTS.

- Don't overcrowd your car.
- Don't load up with supplies you will not need.
- Don't start with a car that is not in first class running condition.
- Don't try to do the impossible.
- Don't race with locomotives.
- Don't fail to take an extra fire or two along.
- Don't disregard local regulations, even if they seem unreasonable.
- Don't neglect to prepare for rain and cold.
- Don't forget safety first, last and always.

SIRIUS AND THE DOG DAYS.

Time Has Worn Away the Link That Bound Them Together.

The dog days, when excessive heat is supposed to prevail, begin July 3, according to the ancient reckoning, and continue to Aug. 11. All sorts of traditions and superstitions are connected with this period, and various dates are also given.

In some sections the dog days are said to begin on July 24 and to end on Aug. 24, while still others attribute the malevolent influence of the dog star upon the earth to the period from Aug. 4 to Sept. 4, in accordance with the ancient Egyptian reckoning.

As a matter of fact, the rising of the dog star, Canis Majoris or Sirius, has nothing to do with the affair at all. The rising of that star has been so accelerated by the procession of the equinoxes during the passage of more than 2,000 years that the corresponding conditions for the ancient dog days no longer exist.

In ancient times in the latitudes of the Mediterranean the period of greatest heat nearly corresponded with that time in which the dog star rose at the same time with the sun. To this conjunction all antiquity and all the later followers of judicial astrology attributed a malignant influence.

Among the modern notions regarding the dog days is the absurd belief that it is during this period that dogs are most likely to go mad.—St. Louis Post-Dispatch.

GOOD FORM IN TENNIS.

Don't Copy a Bad Style Because Some Star Player Uses It.

Good form in tennis is hard to describe. It is not necessarily the ability to win matches, nor is it always the most graceful way of hitting the ball. It is rather the method of playing those strokes that have been shown by long experience to produce the best results with the majority of players.

One too often hears an ambitious young player declare that any stroke that wins is good enough for him. Because McLoughlin won international matches in spite of using a cramped backhand swing they are willing to copy his style in the hope of equalling his skill.

But success does not justify bad form. What a McLoughlin once did might do with a bad style of play is not always the best for others to attempt. Ten would fall with such methods where one would succeed while with good form ten would succeed while one would fail.

A young player with a generous future before him might make better selection as a model of good form strokes such as Johnston uses or those shown by Larned. With such a model any healthy, active boy should be able to play tennis well after steady practice.

The game does not require height or weight or any unusual physical qualification.—J. Parnly Paret in St. Nicholas.

The Elevator Boy Pretends.

Did you ever stop to consider the feelings of an elevator boy in an office building? "How'd you like to spend your days in a cage, goin' up, comin' down, same bad air, same old shafts slippin' by, never nothin' to see? How'd ye like it on a sunny day when you were dyin' to play baseball?" says the elevator boy.

"I never thought about it at all," the passenger answered.

"Well, I have. I thought about it most of the time for four years. Even the fellows in Sing Sing gets out sometimes, but we don't. When I get to feelin' I can't stand it, I think of block after block of office buildings in this town, every one of 'em with fifties or twenty cages, and a fellow like me in every one of 'em, spendin' his life goin' up, comin' down, goin' up, comin' down—and outside the world goin' on."—American Magazine.

Made a Mean of It.

During a social evening a woman sang for the guests. One of the guests turned to a meek looking little man sitting at his side and said: "How sweet! Who can she be?"

"That," replied the man addressed, "is my wife."

"Oh, I beg your pardon," interrupted the other. "She's really a—I know she'd sing beautifully if she made a better selection of her music. Who do you suppose wrote that song?"

"I am the author of that song," replied the meek looking little man.—Argonaut.

A Strong Will.

"Rastus," said the judge, "you say that you entered the henhouse and then, deciding to resist temptation, left it. Is that right?"

"Dat's about it, judge."

"Well, how about the two hens that were misleaving?"

"Ah, tells you, judge, Ah took 'em. Ah reckoned dat Ah was 'bliged to dat many for leavin' the rest."—New York Times.

One Good Reason.

"Why does the operation of hanging kill a man?" asked Dr. Whately. A physiologist replied:

"Because inspiration is checked, circulation stopped and blood suffices and congests the brain."

"Bosh," replied his grace. "It is because the rope is not long enough to let his feet touch the ground."

Of Course.

"Why do you always have to be examined by a doctor before you can get life insurance?"

"I presume the company is anxious to know whether or not you are strong enough to carry it."—Detroit Free Press.