



General Office,
THE NEW YORK AND KENTUCKY CO.,
 Rochester, N. Y.

The New York and Kentucky Co.

This company, organized in 1900, is recognized as one of Rochester's leading industries, not alone in this, but in its own particular field it stands second to none as possessing the finest and best equipped distillery plants in the Country.

The storage capacity of their distillery warehouse is normally 155,000 barrels. This capacity can be increased with slight crowding by 20,000 barrels, making a total of 175,000 barrels, which, but briefly gives an idea of the New York and Kentucky Company's distillery properties.

The locations of the various properties in Kentucky, Maryland and New York states have been pronounced as unequalled and most fitting in the matter of pure Mountain and Spring Water supplies and transportation facilities, absolutely essential features for the proper conduct of the business.

Experts in the art of distillation are constantly engaged in the manufacture of many well known brands of liquors, not alone for beverage purposes, but for medicinal use as well. Brands that are famous the country over are owned and controlled by the New York and Kentucky Co.

The New York and Kentucky Co. is also engaged most extensively in manufacturing Industrial Alcohol used in the various arts and crafts; this branch of their business is becoming more and more important each day.

It also conducts in Rochester, N. Y., a manufacturers' warehouse for the export trade, exploiting in many foreign markets their well known brands. Accounts have been opened with distributors in Foreign countries that give excellent promise.

HOW

To Feed the Family Well and Inexpensively

IN response to several inquiries as to the minimum cost of food for a family we publish herewith a list of articles of food sufficient for a family of five for one week, says a bulletin of the New York city department of health. It may be of interest to our readers to know that this diet supplies about 9,500 calories and 490 grams of protein per day. On the assumption that the family consists of two adults and three children this allowance is ample:

1 lb. butter	0.40
1 bag sugar (10 pounds)	0.24
1 lb. rice	0.08
1 lb. dried peas	0.08
1 lb. beans	0.08
1 lb. farina	0.08
1 lb. oatmeal	0.08
1 box cocoa (1/2 pound)	0.10
1 lb. prunes	0.08
1 lb. onions	0.08
1 lb. potatoes	0.08
1 head of cabbage (medium size)	0.08
1 lb. cheese	0.20
1 doz eggs	0.20
1 lb. meat daily at 10 cents	1.00
1 lb. leaves of bread daily at 2 cents	1.10
1 qt. of milk daily at 7 cents	0.70
Total	\$7.14

The list of foods here shown has been tested practically for about two years. The nutritional results have been excellent, a fact which indicates better than any theoretical study would do that the diet combines all the food elements needed by the body.

If we could devise a plan for insuring such a diet or its equivalent to all the poor people in this city we would materially reduce our death rate. In many instances of malnutrition encountered at the department's clinics the fault is due to ignorance or what constitutes a proper diet. The department of health has been trying to spread such knowledge for some time. Certainly this list should prove invaluable to the housewife who is trying to provide a wholesome diet at a very limited cost.

TIP FOR MOTORISTS.

How to Remove Greasy Dirt From Your Lily White Hands.

The owner of a car who cares for his vehicle to a large extent generally makes up his mind to having dirty hands when some periodic and greasy job falls due. There is no real need for this, as a little care beforehand will obviate the retention of the greasy dirt afterward. Before starting work on a greasy piece of machinery take cylinder oil and rub it well into the skin. After the work is done do not take the grime off by rubbing the hands on waste or a cloth. Instead put on some more cylinder oil or any light oil liberally, using it as you would soap and water. When the oil has worked under the grime and cut it loose from a piece of waste. When you have wiped off the oil you will find that it has taken the grime with it, leaving the hands ready for a good wash with soap and water. If the motorist will try a tar soap for this final stage he will be surprised at the results obtained. Kerosene, gasoline or washing powders should not be used, as they harden the skin and give it a tendency to crack. When on the road the hands can be made fairly presentable by using the oil wash alone leaving the soap and water until reaching the destination. This method of keeping the hands in shape is used by many of the mechanics in big repair shops and in motorcar factories. It is a particularly useful tip just at this time, when all the cars in America are being run out of the garages for their seasonal work, most of them by owners, who have no decided preference for dirty hands.

COOK SPEAKS.

How to Cook Vegetables and Conserve Their Food Value.

It is important that vegetables should be prepared and cooked in such a way as to conserve all the available food material and their mineral salts. The portion of the vegetable next to the skin contains the greater quantity of mineral matter, protein. Carrots and vegetable oysters should be scraped. Other vegetables should be pared as thinly as possible. When the liquid in which the vegetables are cooked is drained off it carries with it much that is valuable, says Good Health. As far as possible this should be saved and used as the foundation for soups and sauces.

Vegetables should be cooked only until tender. Many vegetables develop a strong and unpleasant flavor and are rendered less easily digested by overcooking. This is especially true of cabbage, cauliflower, etc. When overcooked they also take on a reddish hue. Strong flavored vegetables, such as onions, cabbage and turnips, should be cooked uncovered.

How to Pull Your Auto Out of a Hole.

If the rear wheels are stuck in the mud dig holes in front of the front wheels for them to fall into to give the initial start, and if the car does not continue then block the rear wheels instantly and repeat the operation. Place brush in front of the rear wheels and turn them as slowly as possible to keep from churning. If one rear wheel is on good road, try putting on the hand brake fairly tightly to destroy the action of the differential, or fasten the mired wheel so that it cannot turn and the other wheel will do the work and slide the mired wheel along the ground.

The instant you realize you are getting stuck in sand or mud stop right there and look over the situation instead of fighting the car and burying it deeper and deeper.

HOW TO ADJUST YOUR NEW CARBURETOR.

OR—In adjusting a carburetor the first essential is to be able to tell the difference between a weak and a rich mixture. In either case the car will lack power and may knock, and with too rich a mixture it may also overheat.

With too much gasoline, on the other hand, the car will respond instantly to the opening of the throttle, but with not the same vim as with a perfect mixture. A great excess of fuel will produce black smoke in the exhaust.

Too frequently, when one of these symptoms is recognized the car is operating badly for any reason at all, the conclusion is that the carburetor needs adjusting, and, instead of improving it, it is made worse. Never touch the adjustments on a carburetor until you are sure that they require it.

Faulty ignition and leaky cylinders are often mistaken for bad carburation. Before looking at the carburetor, it is only common sense to make sure that the trouble is not elsewhere; otherwise you may complicate matters by throwing the carburetor out of adjustment.

A rich mixture may be caused by air leaks in the manifold, cylinder head gaskets, valve plugs or valve guides. Any of these will produce mixing at low speed. A leak in any part of the manifold may be determined by noting whether smoke from a cigar or cigarette will be sucked in. Other leaks may be located by feeling or listening.

The mixture will be weak if the fuel level is too low in the float chamber, and this may be due to a bent float mechanism, a stuck float, or if there is a weak level adjustment there may be some difficulty with this.

If the float is made of cork the shellac may gradually dissolve and the fuel will soak into it, making it heavier and consequently raising the level. Similarly a pin hole in a metal float will allow gasoline to enter and weigh it. The cork float may be repaired by drying in an oven and then shellacking it again, and the metal float by enlarging the hole, draining the gasoline out and then closing it with a little solder.

HOMEMADE MARSHMALLOWS.

How to Make These Delicious Sweets at Home.

If you wish pure, delicious marshmallows soak two tablespoonfuls of granulated gelatin in ten tablespoonfuls of cold water until soft. Pour ten tablespoonfuls of boiling water over two cupfuls of sugar and boil until it makes a sirup which will form a thread when dropped from a spoon. Remove the sirup from the fire and stir into it the softened gelatin. Let stand until cool, then add salt and flavoring and beat until it becomes stiff enough to hold its own shape. Pour the candy into granite pans dusted with powdered sugar and let stand in a cool place until set. Cut in cubes and roll in powdered sugar.

Chocolate marshmallows are made either by coating the plain marshmallows with melted, unsweetened chocolate or by adding melted chocolate to the marshmallow mixture before cooking. Chopped nuts or candied fruits may be stirred into the mixture after it has been removed from the fire. Instead of vanilla flavoring fruit juice may be used in place of part of the water. Marshmallows are dainty and attractive if rolled in grated coconut before being coated with sugar.

GOING ABROAD?

How a Voyager to Foreign Parts Can Secure His Passport.

Get six photographs of yourself, three inches by three inches, on thin paper. Get your birth certificate at your city hall, if they register births. Get some one who can personally identify you at the office of your local United States district court. Go to the above office with the above person and fill out their forms of application for a passport and pay various fees amounting to about \$10. Upon receipt of a letter from the state department, Washington, advising that the above application has been accepted go to their branch office, 2 Bector street, New York city (open hours week days 10 to 3, Saturdays 9:30 to 12 o'clock) and get your passport in person.

Go to the nearest office of a foreign consul and have them "visa" your passport. Do all the above things, allowing a margin of forty-eight hours before sailing in order to provide for emergencies and errors of the government clerks.

How to Have Plenty of Hot Water Without a Fire.

It is disagreeable to keep a fire during the warm summer months merely for hot water. Have the tanker make a jacket out of galvanized iron, give it a lining of asbestos and place it around the hot water tank. The iron is of such width that two pieces will cover the entire tank and extend far enough above to hold a layer of ash. The water will stay hot twenty-four hours.

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