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### Inspiration Miscellany

#### Get the Habit

Now, taking your pencil in hand, will you read the following list of good habits and check off as many as you can conscientiously subscribe to and say "That I do?"

- Get the habit of early rising.
- Get the habit of retiring early.
- Get the habit of eating slowly.
- Get the habit of being grateful.
- Get the habit of being punctual.
- Get the habit of fearing nothing.
- Get the habit of speaking kindly.
- Get the habit of seeking the sunshine daily.
- Get the habit of speaking correctly.
- Get the habit of closing doors gently.
- Get the habit of neatness in appearance.
- Get the habit of relying on self always.
- Get the habit of a forgiving spirit.
- Get the habit of being industrious.
- Get the habit of apprehending no evil.
- Get the habit of anticipating only good.
- Get the habit of always being progressive.
- Get the habit of always paying as you go.
- Get the habit of a quiescent concentration.
- Get the habit of daily physical exercise.
- Get the habit of being accommodating.
- Get the habit of economy, not stinginess.
- Get the habit of eating but one hearty meal a day.
- Get the habit of hoping on and hoping ever.—Nautlius.

#### Labor Cheerfully

Who art thou that complainest of thy life of toil? Complain not. Look up, my wearied brother. See thy fellow workmen there in God's eternity, surviving there, they alone surviving, sacred band of the immortal, celestial bodyguard of the empire of mankind. To thee heaven, though severe, is not unkind. Heaven is kind, as a noble mother, as that Spartan mother saying while she gave her son his shield, "Return with it, my son, or upon it."—Thomas Carlyle.

#### Learn to Save

It is a certain and sure fact that not every one in this world can be rich. Neither does every one want to be rich, but every man can, if he will, form such a habit of thrift that when trouble overtakes him, as it must overtake all, he will be able to ward off much of its unpleasantness.

It is a truth that goes without dispute that many of the bitter things that come to us along with our troubles are caused by the knowledge of the truth that had it not been for extravagance in the past the trouble of today would have been of less moment and more easy to bear.

It's a good thing for a man to have friends upon whom he can depend in moments of adversity—"A friend in need is a friend indeed"—but the best friend that a young man can have when the storm strikes his life is a bank account that has grown from small to larger amounts, saved from his salary by the habit of thrift that he has formed.—Exchange.

#### The Work That Pays

Lord Kelvin, the famous Scotch scientist, used to tell the students in the Glasgow university that the thing that made him make up his mind to get an education at all costs and to work with his head and not with his hands was a remark made by a Scotch minister.

"In Scotland," he said, "you can get all the labor you want for half a crown a day, but there is no country in the world where you can hire mind for half a sovereign a day, and some of it costs £100 an hour."

#### Find the Joys

Many think themselves to be truly God fearing when they call this world a valley of tears. But I believe they would be more so if they called it a happy valley. God is more pleased with those who think everything right in the world than with those who think nothing right. With so many thousand joys is it not black ingratitude to call the world a place of sorrow and torment?—Richter.

#### FACING TROUBLE

- Should life's storms be blowing gusty or the road be hot and dusty? Don't give up and pull a face all grim and blue.
- Cheer up, man, and tackle trouble!
- If your efforts you redouble, There'll be brighter days ahead awaiting you.

Where's the use of whining, moaning or of wasting time in drooping?

Never yet have such things pulled a fellow through.

When you've troubles you must meet it. That's the proper way to treat it.

Always bear in mind "results" depend on "you."

If you mean to conquer troubles you must take it "at the double."

You must act the man and face the matter out.

Tackle trouble, gamely fight it. Shrink it will never right it.

Face it bravely and your trouble you will rout.

### In the Arena of Sports

#### Master of the Cue

Willie Hoppe, the world's billiard champion, still maintains his marvelous skill and, indeed, seems to improve his wonderful manipulation of cue and balls. In a recent exhibition match in San Francisco he ran 250 from the spot.



Photo by American Press Association. WILLIE HOPPE.

At 18.2 ball time. As the match was only 250 points, his opponent had a chance to start, and Hoppe went out without a miss. Hoppe ran 622 from the spot at 18.2 ball time in a match in Paris some years ago. The contest was limited to 300 points, but in accordance with the option given by the French rules Hoppe kept on until he missed. Hoppe's record in a championship match is 308, made in the handicap tournament in New York. The picture shows Hoppe executing a masse shot.

#### Red Murray Comes Back

John ("Red") Murray, for many years outfielder of the New York Giants, last season with the Toronto International league team, has signed a contract with the McGraw outfit for the coming season as an extra out fielder.

#### Passing of Lajoie

Larry Lajoie, whose contract with the Philadelphia Athletics expired Jan. 1, has agreed on terms to manage the Toronto club the coming season. Lajoie thus passes out of the major leagues after twenty years of active service.

### Rules For Caring For Poultry In Winter

To successfully winter poultry there are a number of points in their care that should be watched closely. Ross M. Sherwood of the Kansas Agricultural college poultry department mentions the following rules as those that should be given special attention during the winter season:

Watering pans should be emptied at night to prevent freezing.

A slight increase in egg production may be obtained by feeding the chickens a warm mash once daily, but care must be taken not to have the feed too hot.

Either keep the birds in the house all the time or let them have free range. Letting them out one week and then keeping them in one week is sure to cut down the egg yield.

Green feed stimulates digestion and gives egg yolks a richer color.

Poultry houses should be free from drafts and dampness.

Fresh air and sunshine are two of the best disinfectants.

Dropping boards should be cleaned at least once a week.

Litter on the floor should be removed as soon as it becomes damp.

### Worth Knowing

If a teaspoonful of lemon juice is added to boiling rice it will not only whiten the grains, but will give them a more pleasant flavor.

If the color has been taken out of silk by fruit stains a little ammonia will usually restore it.

To keep nickel and silver ornaments bright rub them with a woolen cloth saturated with spirits of ammonia.

After having the hands in soapsuds wash them in vinegar to make them soft and white and prevent their chapping.

A few drops of ammonia in a cupful of warm water, applied carefully, will remove spots from paintings and chromos.

### Fumigation Not Best Means of Disinfecting

Fumigation as an effective means of killing bacteria has about lost caste among public health workers for the reason that people can't be fumigated. It is now known that people more than things are carriers of infection. Disinfection by fumigation, says the North Carolina state board of health, belongs to a bygone age in sanitary science. Because formaldehyde fumes will kill cultures of bacteria when exposed to it, it was naturally inferred that fumigation was the logical method of all disinfection. But careful observation and tests have proved that diseases are not spread so much by inanimate objects as they are by human beings. Diphtheria, measles, whooping cough, scarlet fever, cerebrospinal meningitis and probably infantile paralysis are all spread through the discharges, mainly the mouth and nose secretions, of people having the disease.

The best disinfection is soap and water, sunlight and fresh air applied faithfully during the course of the disease. To sterilize all discharges, burn mouth and nose secretions and maintain strict personal cleanliness in case of sickness reduce the need for any other disinfection of any kind.

When people learn that no ill smelling fumes or any other mode of terminal disinfection can take the place of soap, water and fresh air and daily personal cleanliness, sanitary science will have made a great gain. No manner of disinfection at the end of illness can atone for careless, wholesale silt during the course of illness.

### Light as Chaff

#### A Trade Trick

A north country farmer on a visit to London entered a photographer's to have his picture taken. The photographer had a handsome shop, and he put the farmer in a chair, peered through the camera and then, coming from under his black cloth, said:

"By the way, will you have a drink?"

"Why, I don't mind," said the farmer, with a pleased smile.

"What have you got?"

"Oh, anything you wish," said the photographer.

"I'll take"—the farmer began, but just then the other motioned him to be silent, inserted a plate holder and took the picture.

After the operation was over the photographer handed the farmer his hat and started to escort him to the door. Had he forgotten about the drink?

To remind him the farmer said:

"But what about that little invitation?"

"Oh," said the photographer, smiling, "that is just a trade ruse of mine to give an interested and pleased expression to the face."

#### Truly Veracious

Mrs. Jones had a new maid, who appeared at the door of the library one afternoon, where her mistress was reading.

"There is no coal, mum," said the domestic, "an' the fires are 'solt' out."

"No coal!" cried the mistress, in surprise. "Why didn't you tell me before?"

"I couldn't tell you there was no coal, mum," replied the girl, "when there was coal."

#### Gave Her Away

"Did the father give the bride away?"

"I should say he did. He got rattled. And what do you think he said as he handed her over to the bridegroom?"

"It's more blessed to give 'em to receive."—Cleveland Leader.

### If They Could Keep It Up

There have been big men in Wall street who did all the work themselves, who attended to every minute item, who were from Missouri in regard to each point in any proposition put up to them. One of these marauders was among the very greatest financiers the country ever had. But he didn't last long, and there have been few others like him. If a man with the first order of brains and ability could only keep it up there is nothing to prevent his owning the United States. If E. H. Harriman could have kept on fifteen or twenty years longer at the pace he was going he would have gobbled up all that was worth taking. He had about all the railroads in sight, and he was just getting a strangle hold on the big banks. He conquered every square foot of territory as he went along. There was no force on earth to stop him except premature death, and now he is almost forgotten.—A. W. Atwood in Saturday Evening Post.

### Most Buoyant Wood

The lightest wood known, so far as any evidence attainable is concerned, is balsa wood, which grows extensively in the Central American and northern South American states. It is composed of very thin walled cells, which are barrel shaped, interlaced with each other and are almost devoid of woody fiber. These cells are filled with air, making a natural structure well adapted to prevent the transmission of heat because of the particles of air imprisoned in the material without interconnecting fibers. Various tests of the insulating properties for retaining the flow of heat have been made. Balsa wood has been used quite extensively in the past as a buoyancy product for life preservers and in connection with the fenders of lifeboats and rafts. Its life is short, under ordinary conditions, unless treated with antiseptic or preservative material.

### Ariake Bay's Mystic Fire

Shirayubi, the mystic fire of Ariake Bay, Kyushu, has been famous for the past 2,000 years, the sight being considered one of the great wonders of the Japan seas.

In a recent issue of the Taiyo Magazine M. Kaneko, a teacher in the Shimabara middle school, relates his impressions of the fire. According to Mr. Kaneko, when he witnessed the spectacle the first light appeared like a mist about five miles distant. Suddenly the volume of light increased until it covered an area of many miles. The light moved with the waves and resembled electric lights being lighted and then suddenly extinguished. Mr. Kaneko says that intermittent wavelike movements are the chief characteristics of the mystic fire. He fails to find a cause for the origin of the fire.

### Cheesing

In parts of Switzerland the baker's wife carries round the bread in a sort of hamper, and she has not a fixed, immutable charge, but chaffers for a price with the customers. The old English word for this process was "cheesing," which in many places in England has been corrupted into chipping. Chipping Norton, for instance, is really Cheesing Norton, or the place where goods were cheapened—that is, sold by chaffer.—London Standard.

### Congressional "Pairing"

The custom of legislative "pairing" is the practice of members of legislative bodies by which two members of opposing parties agree to refrain from voting on a prescribed subject or to be absent during a certain time. It was first used in the United States house of representatives in 1830.

### Helping Old Rubber

Rubber that has lost its elasticity may be rejuvenated by immersing it for five minutes in a bath of glycerine mixed with twenty-five times its volume of distilled water and heated to 70 degrees C. and then drying it with filter paper.

### A Fluent Talker

Whangs—Is your wife a good conversationalist? Bangs—She would be but for one thing—she talks so fluently that she interrupts herself.

### Alpine Shoes

The shoes worn by Alpine mountaineers have steel soles with eight projecting points.

### PRACTICAL HEALTH HINT.

- Sense in the Sickroom.
- Every one who goes into a sick person's room should be bright and cheerful. Sick people are extremely sensitive to the manner of those around them, and any depressing influence has a most injurious effect. Hope is the best medicine. Unfortunately the sick person's relatives often take the worst view of the case, and their anxiety is unmistakably manifested by their looks, voice and general manner. They even talk despairingly in the room, thinking that because the patient is quiet and dull he does not understand. But his perception of everything relating to his illness is markedly acute. Note the good effects of the visit of a cheerful doctor. For hours after the patient seems better and is better.
- Of course it does not do to be flippant, but if relatives would force themselves to take a hopeful view and show it in their manner they would in many cases actually save the sick person's life.