

CHEAPER LIVING

A Sanitary Engineer Gives Us These Timely Hints.

FOODS YOU CAN STILL BUY.

It is Not Generally Known That Peas, Beans, Fish and Cheese Give the Same Nourishment as Meat and at Less Cost—Savory Menus.

The amount of food required as fuel can be measured exactly, just as an engineer knows how much coal to use to produce a required amount of heat. Clerks, stenographers and the average adult office workers need about 2500 calories a day. Mechanics and artisans require 3,000 to 3,500. Laborers, longshoremen and others doing manual work must have 3,500 to 4,500 calories a day. Ninety per cent of these should be in the form of starches and fats. The body needs mineral salts. These can be best obtained in milk, fruits and green vegetables.

A cup of cream will yield 180 calories and 9 grams of protein. A baked apple with cream will supply 250 calories of fuel for the body and 2 grams of protein. Two heaping spoonfuls of macaroni baked with cheese will give you 40 calories, containing 10 grams of protein. In a slice of apple pie are 200 calories and 1 gram of protein. The cubic inch of cheese that is given with the pie contains 380 calories of fuel and 9 protein grams.

Unless food is properly prepared good health is impossible. However, nourishing foodstuffs of themselves may be their values are lost to a large extent if improperly prepared.

The toughest cuts of meat are the cheapest, but they are just as nutritious as the expensive cuts. By long slow cooking they can be made very tender and palatable. To keep the juice and preserve the flavor heat the meat on all sides, press it down quickly on a hot pan and then cook slowly on a low fire. Fish as a substitute once or twice a week for meat is a good food and easily digested.

Instead of boiling half a dozen medium sized potatoes (weight two pounds), prepare a bowl of rice by boiling a cupful, or two-thirds of a pound, of rice in water. This will provide even more nourishment than the potatoes and will cost 225 cents. To avoid pastiness wash the rice in five or six changes of water.

One cupful of rice, two and a half cupfuls of water, one scant teaspoonful of salt and a salt-spoonful of butter, butter substitute or oil will contain 644 food units and will suffice for four persons. Never throw the surplus water away. It contains valuable food materials. It may be added to soup or stew.

A combination of baked beans and boiled rice, flavored with a little minced onion fried in butter substitute, constitutes a meal as well balanced as one of meat and potatoes, at a cost of about 45 cents for 1,000 food units.

Any fish, freed from skin and bones, may be mixed with boiled rice. This combination supplies 1,000 food units at a cost of less than 10 cents. If hering at 8 cents a pound is used the cost will be 8 cents for 1,000 food units.

Take one pint of boiled rice (644 units), one-quarter pound of mixed soup vegetables (17 units) one ounce of butter substitute (250 food units) and one teaspoonful of salt and you have 830 food units, at a cost of about 6 cents.

"MRS. NAPOLEON."

A Trig Hat For Knockabout Wear This Season.

Worn with a covert cloth top coat is this brown turban of the straw.



THE LATEST TURBAN.

Crown brown, satin faced. All sorts of braiding and ornamental are a new fad, and so gold soutache affords a very rich trimming for this model.

Metallic Stitching.

Many of the newest gowns are trimmed with metallic stitching. The home dressmaker can make use of this trimming. A small fat metal cord may be bought that is fine enough to go on the bobbin of an ordinary sewing machine. It can be bought in steel, silver and navy or old gold.

LITHE LINES.

Fetching Models For the Juvenile's Delight.



COMFORT AND BEAUTY

Blue crepe de chine in a sack shape here hobbled into a graceful skirt the drape of which is held by a silk tassel. The front yoke is braided quaintly, and a georgette crape blouse simply designed appropriately goes with the skirt.

THE LITTLE GARDEN.

Tips About the Plot's Care From Day to Day.

We see fewer lawns cut up into beds, fewer round spots of geraniums and calceolarias, like eruptions of the measles. The planting is being kept about the boundaries of the property, making a fringe or setting. They rightly border paths and drives, hide the porch and house foundations, fill in corners or are made into a little garden.

This little garden question! Just realize that if your border plantings do not suffice for all the flowers you want, then, by cutting up part of the lawn into beds, connecting them with paths and surrounding the whole with a green hedge, you have made a garden. Preferably the extreme back of the lawn is the best place to use, but sometimes the side is the logical spot. Add an arched entrance covered with vines or climbing roses and the effect of seclusion is yours.

When there is a little garden for the annuals and most of the perennials, then the borders may be devoted to shrubs, using some perennials and especially hardy bulbs in the foreground.

A garden of hardy perennials is cheapest in the long run because perennials live from year to year. This does not mean that you must plant no annuals. On the contrary, who could do without nasturtiums, Shirley poppies, sweet peas, zinnias, larkspur, and marigolds. But have most of the plants such hardy and delightful things as dwarf sunflowers, fall hollyhocks, delphiniums (the hardy larkspur, lilacs, arises, peonies, sweet williams, oriental poppies, phlox, rock-roses, feverfew, false dragon head, foxgloves, roses and lily-anthems).

Be sure to grow tall things at the back, medium ones in the middle and low growing plants in the foreground. Their edge with some very low plant like sedum, alyssum, portulaca or moss pink.

Keep the soil of the sort together so as to get a mass effect. For all the flowers must be in one place, for the need rich soil, and do not let the plants' bed with other flowers. However, you may plant such small things as pansies or forget-me-nots with them, and this takes away from the bare look of a rose.

Border Dishes.

Now, chill chicken is delicious. Boil the fowl until tender. When it cools cut it into small pieces. Put a cupful of washed and dried rice into hot oil and fry for a few moments; add a quarter can of tomatoes, one minced onion, salt, chill peppers or powder. Put in the chicken and some of the broth and cook until the rice is tender.

And ambrosia isn't in it with tort-fritas! If you know how to make puff paste why the rest of the making is easy, too. Line the sides of a baking dish with a light puff paste. Then proceed to cover the bottom with sliced pineapple. Atop of that put a layer of sliced oranges. The third story of the dessert consists of sliced bananas, while the fourth layer is made of slices of lemon. Repeat the layers until the pan is full, and sprinkle over the very top some chopped nuts. Over these, however, lay narrow strips of pastry. Bake the goody slowly for an hour or more.

FOR YOUNG FOLKS

Sleepy Time Story About a Mysterious Little Creature.

THE GOOD EASTER RABBIT.

What He Discovered in the Woods and How Faithfully He Performed a Kindly Deed—Rewarded by a Fairy Queen—Origin of Colored Eggs.

Tonight, said Uncle Ben to little Ned and Polly Ann, I am going to tell you

AN EASTER STORY.

The little folks in Germany believe that the Easter rabbit lays the beautiful colored eggs that they get every Easter.

Very fond of him are the little ones, and they listen with delight to the many charming stories that are told about the Easter bunny.

One of them is as follows. Once upon a time, in the days when fairies were everywhere, and when, if you only knew how to catch their good will, the wild creatures of the wood would talk to you and do you many great favors, there was a beautiful and kind hearted rabbit whom every one loved.

One day, passing through the wood, and the little rabbit saw a nest filled with eggs.

"One by one the other wood creatures had passed it with merely a glance, but the rabbit said:

"What a pity! The eggs may get cold, so that the little chicks inside will never come out of the shells."

So the rabbit cuddled down over the eggs to keep them warm with his soft fur until the mother hen should come back.

But the hen never came. She had been snatched up by a hungry hawk. So her little chicks were orphans when they came out of the shell.

This they did one bright Easter morning. As the chicks were very hungry the good rabbit scurried around to get food for them.

The rabbit watched over them until they were old enough to take care of themselves.

The fairy queen wished to reward bunny for his goodness, and so she said:

"More beautiful than the eggs of the hen shall be the eggs which you, little rabbit, shall bring to all good children on Easter morning."

For the rabbit loved children, and the queen knew that it would be the greatest joy to bring happiness to the little ones.

And so when Easter again came around the rabbit hopped up and down the land, leaving in the silence and dark of the Easter night gifts of beautifully colored eggs for the children.

The children learned to leave little nests of straw or leaves on the ground or hang little baskets where the rabbit could find them, and now, unless a little German child had been very, very naughty he always finds something in the nest when he awakens on Easter morning.

But no one has ever seen the Easter rabbit.

How to Make Musical Glasses.

Some rainy day when you have nothing to do make musical glasses. Secure any number of glass tumblers or bottles of similar shape. Set them in a row on the table. Get a pitcher full of water and fill several of the glasses or bottles to various depths. You will note that when you lightly strike these glasses with a spoon or pencil each one gives out a different tone or note. The more water in the glass the lower the note.

With this information it will be easy for you to fill each glass that the entire set will represent the musical scale. At least one octave, or eight notes, should be so provided. Of course, if desired, you may fill glasses as far as give sharp and flat tones. This requires thirteen glasses to the octave.

With a little practice you can play simple tunes on this arrangement. In fact, if good bottles are used, the tone will be very pretty. St. Nicholas

A Bright Little Fellow.

What a smart and intelligent face the little puppy here pictured. He looks as if he were looking for some boy or girl to romp with him. The collie comes from Scotland, and



Photo by American Press Association COLLIE PUPPY.

he is generally one of the most handsome of the whole canine race. In his original home and also in America the collie is much used in herding sheep, and many stories have been told of his intelligence and courage. Collies make splendid playfellows and, like most breeds of dogs, respond to kind treatment.

TRIG SUIT.

Cut on Straight Lines and Semitailored For Youth.



HER EASTER GARD.

Dark tan gaberdine, cut with a decided dip, a kilt skirt and straight line effect, makes a chic model for spring mads. Bone buttons and much silk braid give the partially dressy effect. Please note the trim turban and its interesting bow.

THE LITTLEST CLOTHES.

The Baby's Layette is Also Big Enough to Be Stylish.

Every mother knows that the new baby's clothes must be as free from bunched gathers and bumpy buttons as possible. She is always glad to hear of easily made garments which will make her littlest one comfortable and cozy.

There is a flannel petticoat which has a bodice much like a tight fitting corset cover of mother's. The skirt of the petticoat laps in front with the bodice, so that the garment may be passed under the little body and arranged from the front. The two fronts of the bodice cross, the long end on one side passing through a slit in the other side, the two tying with tapes in the center back. There are no buttons worth mentioning in this petticoat and no buttons anywhere.

Another slip petticoat goes on over the head and ties with tapes on the shoulders or turtlets there, for buttons on the shoulders could not cause the baby discomfort.

The baby's shirt may be made in much the same way as this last petticoat. While some mothers follow the foreign fashion of keeping soft linen next to the little body, most mothers in this country believe in the wool or flannel vest.

A diaper protection of rubber can be made of a triangle of sheeting attached permanently to a band which ties in front. A button on the front and a buttonhole in the third corner of the diaper does away entirely with the safety pin. The wash diapers can be made on the same pattern and fastened in the same way.

A Use For Curtain Poles.

Sometimes, after you have moved from one house to another, you find yourself with a collection of ends of curtain poles, left over from sawing off the poles you had to fit in the variously different sized doorways and window frames in the new possession. These poles are usually too short to use for curtains again, but need not be consigned to the wood pile. Look over your dollies and linen scarfs and see if some of them would not be the right size, with perhaps a little more sawing, on which to wrap them to keep them smooth.

They serve very nicely in this capacity when neatly covered with muslin, flannel or emerald, shirred at both ends.

"Woody" Color Scheme.

In a suburban home is a most delightful "woody" room. The walls are a cool green. The reddish brown of the wicker furniture reminds one of tree bark, and the ferns nodding in the window boxes bespeak an outdoor atmosphere. Another factor in this "woody" color scheme is the grass green carpet under foot. This is of heavy denim, completely covering the floor and carefully tacked down at the edges. About the sides and in the center are brown stenciled designs. Several green pillows, stenciled in brown, ornament the wicker couch and dark green silk portieres hang in the wide doorways. A smaller stenciled design in brown borders the portieres.

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