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Friday, June 22, 1917.  
**Trend to Democracy.**

Indications are that when the present war is over there will not be an autocratic one-man nation in the world. Russia has already deposed its Czar. Whether it will evolve into a republic right off remains to be seen but it is certain there will be a constitutional monarchy, modeled after England if a monarch is retained. King Constantine of Greece has abdicated and while his second son has been proclaimed King, the Grecian trend is toward a Republic although the Allies may prefer a monarchy if they are permitted to have their way.

England, Italy, Spain, Portugal are not autocratic one-man nations. With Russia's autocratic Czar removed England, France and Russia can sound a consistent slogan "Down with autocracy forever!"

Let us hope that this trend toward democracy expresses real progress and not merely revolution and lapse into worse condition. Real democracy means better conditions for all people.

**State Census.**

It may be that there is little apparent sense in the lot of questions fired at you by Governor Whitman's census taker. It may be that you cannot see any sense in the Federal Government taking a military register and the State apparently duplicating the effort inside of a month with the addition of compulsory registration imposed upon your wife, your mother, your daughter and your sisters, for no apparent reason on earth.

Nevertheless it is the law of the State. It is decreed that the State Census taker is to go forth and bother every man, woman and child over 18 and under 45 years old, by making them explain why they are not at the front, also whether they own horses, autos, etc.

Nevertheless, it is the law and must be lived up to. So why the complaint and criticism after a law is signed.

**Teachers' Product.**

It is but natural that he who produces anything should have a feeling of pride in the work of his hands. With satisfaction the farmer points to his corn field. The gardener surveys with pride the success he has had with vegetables and fruit. The manufacturer hails with triumph his salesmen's success in disposing of his product to the trade.

We applaud these men for their contribution to the country's success. This is as it should be but often the real authors of success, the men really responsible for the success of enterprises, get but little recognition.

Take the schools now at the hey day of commencement activities. Who are in the limelight?

The pupils, the sweet girl and the boy graduates. The teachers are well-nigh forgotten, except the president or professor who presents the graduating class to the public. Yet who is really responsible for the graduating class. The leaders who have been patient, painstaking and perseverant. Who think of the teachers?

**The Red Cross.**

Bishop Hickey's approval of the local work and campaign of the American Red Cross should lead to a generous response from the Catholics of the Diocese of Rochester to the appeal for help in raising in this city \$1,000,000 of the \$100,000,000 which the National Society wishes to raise for relief work.

While it would appear but just that the warriors who make war should care for their victims and their dependents it must be confessed that while this argument is mighty fine in theory it will be found lacking in merit upon a close examination. Any way, in practice it fails utterly and this relief work is left to volunteer patriots who maintain the neutral attitude.

The Red Cross is one of the recognized neutral relief agencies. It has done great work. It can and must do even more at this crisis. We must provide the money to do so.

**Cottage Cheese.**

There are a variety of suggestions and advice as to how to save and conserve food these days. To the poorer man and the average housewife, who supervises her house and does her own marketing the following advice from the Rome Sentinel may sound superfluous but we print it for what it's worth:—

"Every expert in nutrition urges the increased use of milk in all its forms. Too often milk is thought fit for food only when it is sweet and its fat content has not been lessened by skimming."

"But with protein foods, such as meats and peas and beans, going higher each month it is worth knowing that even in skimmed milk or sour milk we have one of the most valuable foods. Cottage cheese made from the milk remaining in the bottle after the upper portion, rich in fat, has been poured off for use on breakfast foods and in coffee, contains a larger quantity of protein, the chief body building material, than most meats. And this protein costs little. As a matter of fact much of it has been wasted."

"Our skimmed milk, saved and soured and made into cottage cheese, supplies protein in its most perfect form. Every pound of cheese contains one-fifth of a pound of protein, nearly all of which is digestible. Meats usually contain less protein, and they are also rich in waste material, such as bone and inedible parts. "Revise your old ideas of food values and use cottage cheese as a staple food instead of an occasional luxury."

**No Hysteria!**

While Lord Northcliffe and the others who think with English minds may be all right, from their viewpoint, that business should not proceed as usual but that business must be subordinated to war exigencies, there are those of us who beg to differ and to venture the opinion that the United States is not England. We expect to profit by England's mistakes.

If we kill off business we will reduce the sources of revenue to make war loans and to conduct the war. If we do not exert every effort to speed up the strictly war industries and if we do not bend every energy to keep business to an average point of successful prosecution we shall have people out of work and then we shall have to support them. Not all the people of the United

States can be put at work in the war industries, and not all the people can afford to volunteer their service's because how would they eat and lodge and be clothed? No, we must not yield to hysteria. We must try to keep business proceeding as well as possible so that we may be able to contribute our share to the war bonds purchase, to the Red Cross relief, to the war charities, to supporting those who are wounded and the families of those who are killed.

No. Let us not be hysterical. Let us not be penurious but rather let us be reasonable, sane and sensible.

**Citizenship.**

Colonel Callahan, chairman of the Committee on Religious Prejudices of the Knights of Columbus, has written a pertinent article for the New York Charity ball souvenir, in which he says:—"The work of the membership, of every single man in our Order who would help in the attainment of its paramount object at this time, is to cultivate that commonality of feeling and of interest, that understanding sympathy which safeguards the soul against suspicion and without which no worthy or considerable aim can be achieved."

"For when all is said that may be said, the question of social prejudice simmers down to one of good citizenship, and the final and unerring test of good citizenship in this country is our readiness to make common cause with each other, our purpose not to hate each other or be jealous of each other, our determination to put suspicion of each other out of our hearts so that we may come together to make the spirit of our laws, our free institutions and our social observances a living force that will realize the aims of America which are the hope and glory of all the people."

While we draw no dividends on Red Cross donations as we do on Liberty bonds we do have the satisfaction of relieving distress and alleviating suffering which will produce dividends in another world.

Crowns are not a desirable headress in Europe these days.

If real democracy results from the present war, all its attendant suffering will not be in vain. But let us hope that the trend toward democracy will not be co-incident with irreligion as has happened before.

June has been prolific of dampness, at all events.

Long will the memory of the military mass at Holy Sepulcher cemetery linger in the minds of those who were present.

Food Dictator Hoover advises to buy and eat less meat. The poor people have done that so much that meat is at a vanishing point in their homes. But, perhaps, he means that advice for the rich and those of moderate means.

If we would only eliminate waste in the homes we could add materially to our food resources.

These are the days to watch and pray, especially the latter.

What with draft registration, military census, alien census, and industrial census we are becoming used to being listed and counted.

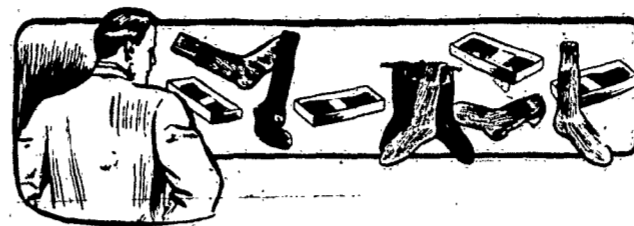
One thousand accidents a day! What a frightful toll of our industrial warfare!

**Correspondents Wanted.**

Correspondents wanted for several city parishes. Good pay. Write Manager.

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**A Remarkable Showing of Men's Summer Socks---Neckwear Too**



The bigness of the assortment and the exceptionally good values offered make this a particularly good time for men to lay in a supply of socks for the warm weather.

Old Sol has reached the northern terminus of his yearly course and to-day is starting south again. We are at the longest days of the year and it is time every man had his full summer equipment.

We can't promise such attractive prices for long. Next fall will see big advances all along the line. Scan these items carefully.

At 39c—Men's fiber silk socks with lisle foot, black, white and navy.

Men's fine lisle thread socks with reinforced heels and toes, black, champagne, gray, navy and white.

At 46c—Men's extra fine gauge summer weight full fashioned lisle socks; with high spliced heels and toes, black, slate and white.

Men's fine gauge silk fiber socks, black, navy, champagne, slate and white.

At 50c—Men's extra fine gauge light weight lisle socks—the kind that many men like best—full fashioned, black, slate, champagne, navy and white.

Men's silk thread socks with lisle heels, toes and soles, black, navy, champagne and white.

At \$1.15—Men's extra quality pure thread silk socks, with lisle soles, heels and toes, in a big line of desirable shades.

At 65c—Men's silk thread full fashioned socks with lisle heels, soles and toes, a particularly attractive summer number, in black, navy, tan, pearl and white.

**MEN'S SUMMER NECKWEAR**

At 75c—Men's novelty silk plated socks in two-tone and black and white stripe effects.

Here again we have made provision on a large scale to supply the war-time demands.

Beautiful English twill fourards, soft and light, including the always popular blue with white polka dots and a host of designs in practically all the colorings—distinctly English. Four-in-hands have slip-easy band. There are bat wings as well.

Worth-well, a lot more than we are asking, 60c Main Floor—Aisle B

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440,000 Miles of wire in underground cables	\$4,944,000.00
77,500 Miles of aerial and other wire	1,960,000.00
New telephone buildings and additions to present buildings	1,164,000.00
Switchboard additions	2,040,000.00
Miscellaneous additions to plant, such as underground conduits, subscribers' stations, private branch exchanges, pole lines, and general equipment	6,626,000.00
<b>Total:</b>	<b>\$16,734,000.00</b>

THESE ADDITIONS to your telephone system have been made in spite of the unusual difficulties in securing raw materials for their manufacture.

They have been delivered and put in place in the system in spite of transportation handicaps. They have been added to the system in spite of the fact that it was handling an unprecedented amount of traffic, due to war conditions, which taxed its facilities and organization to the utmost.

They are evidences of this company's preparedness to meet the requirements for telephone service for use in the National Defense.

Your cooperation in the care of your switchboards and instruments, so that they will not become damaged, will help us to continue to furnish the high grade of service that is so essential at the present time.

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