

Let in the Sunlight. All household furnishings should be exposed to direct sunlight for a number of hours every few days. Direct sunlight is the best disinfectant known. It kills germs in a few hours. Diffused sunlight or daylight may have a good effect, but in a much longer time. Shutting the sunlight out of the house is an unhygienic custom. It should go as nearly as possible to the dark ages. Germs live and thrive in darkness. For that reason sunshine should find its way into the home daily, and its presence should be welcomed as a messenger of cleanliness and good health. The drawing of shades and the closing of windows to keep the carpets and draperies from fading should be discouraged. It is better to have carpets and draperies that are faded than to have boys and girls with cheeks that are faded. Roses in the cheeks are more valuable than roses in the carpet.

How to Fit a Horse Collar. A collar should be fitted to the horse and not the horse to the collar. The collar that is too large should not be used on a horse in the hope that he will grow large enough so it will eventually fit. A collar that fits well in the spring may not fit at all in the fall. When one is fitting a horse with a collar the animal should be standing in a natural position on level ground, with his head held at the height maintained while at work. The collar when buckled should fit snugly to the side of the neck, and its face should follow closely and be in even contact with the surface of the shoulders from the top of the withers to the region of his throat. At the throat there should be enough room for a man's hand to be inserted inside the collar - Fain and Hreside.

Waste in Food. "Eat what is on your plate" may seem to many people to be a new table precept, yet it has been practiced for many years in certain little communities nestled among the rugged hills of New England, where the waste of food is regarded as almost a crime. Hanging on the walls of many houses in these communities may be found the "Table Monitor," perhaps worked in wood or cardboard and setting forth this sentiment, which somehow has a characteristic old time New England ring: Prosperity may roll with ample flow, Still to be prized, that it may widely flow. The world is full enough of want and woe, I will not mock with selfish wastefulness.

People Who Rarely Wink. There are people who rarely wink. How they manage to get along without doing so is a marvel, but somehow or other they do. Some eyes are naturally more moist than others, and the very moist eye does not so much need the assistance of the lids to keep

the eye-ball bright. It is a constitutional matter, for winking, though under the control of the will, is done so quickly that it is practically an involuntary action. Men wink when they feel that the eye is uncomfortably dry, and when it does not become dry the necessity for winking is not felt.

First Veterinary School. As nearly as the facts can be got at, the first veterinary school was founded in the city of Lyons, France, about the middle of May of the year 1761. Since 1761 veterinary schools have spread all over the civilized world, especially in Germany, France, England and the United States of America, in which advanced countries the horse has the benefit of as fine a science as that which exists for his master man.

Her Proposal. "Ah, George, did you propose to Vivian?" "No. She made the proposal before I had a chance to say anything." "She did? What did she say?" "She proposed that I should leave the house immediately, and I did."

Simplicity. I am convinced, both by faith and experience, that to maintain oneself on this earth is not a hardship, but a pastime if we will live simply and wisely, as the pursuits of the simpler nations are still the sports of the more artificial - Thoreau.

Practical Health Hint. Measles. "Every rise in temperature of a child should mean isolation as completely as if that child were in fact afflicted with an acute contagious disease," says the Medical Record in discussing means for the prevention of measles. By a "rise in temperature" is understood any temperature higher than 99 degrees F. For measles is most infectious in its earliest stages, when the symptoms are generally only those of a cold in the head. The typical rash has not yet appeared, but the child is sneezing, blowing a minute spray from its nose with every sneeze. This spray is laden with the germs of the disease. These germs are scattered through the air of the home or the schoolroom and inhaled by the noses of brothers and sisters or schoolmates. It is then, far more than when the disease has developed, the easily recognizable stage that infection is spread, therefore it is then that the child must be isolated.

HAVE LIQUIDS PORES?

A Curious Experiment That Seems to Prove That They Have.

It is not easy to imagine liquids as having pores, though this seems to be the case as shown by certain familiar experiments. When a certain amount of powdered sugar is slowly poured into warm water the water will dissolve the sugar and appear to absorb it without increasing its volume. Similarly, when alcohol is poured into water the resulting volume is less than the sum of the two volumes. For instance, if fifty parts of water and fifty parts of alcohol be mixed together they will make only ninety-four parts. Apparently one of the liquids has entered into the "pores" of the other. This experiment is commonly performed in laboratories consists in putting measured quantities of the two liquids together, but the effect would be far more striking were it possible for students to see one of the liquids actually "sinking" into the other. This can be done in the following way: Take two glasses, one filled with the brown with water and the other with alcohol. In order to show the effect to better advantage color the alcohol with red ink. The glasses should not be over full, that is, the surface of the liquid should not be above the rim of the glass. When everything is ready place a sheet of paper over the glass full of alcohol and with a hand on the paper to keep it down on the rim, the liquid will remain in the glass, owing to the air pressure on the paper. Now place the inverted tumbler over the glass full of water and carefully draw out the paper. This can be done without spilling a drop of alcohol, and yet as soon as the paper is removed the alcohol will commence to drop.

Owing to the fact that it is colored it is possible to see the alcohol actually "sinking" into the water, while tiny air bubbles that were formerly contained in the "pores" of the water rise slowly to the top of the tumbler. This will continue for some little time until a considerable air space forms in the top of the tumbler.

College Training. In the American Magazine Dean Heron S. Taylor of the engineering school of the University of Cincinnati says: "Our colleges might well take to their classrooms a lesson from their athletic fields. No athletic trainer would think of putting track coaches to rest, grand stands and grand bleachers, lecture on the theory of pointing needles, followed by a demonstration of his set. A football team in this wise, practiced with deliberation and sent to compete with teams who had learned to race and fight in the laboratory of a coach."

The Dead Watch. In the year 1745 a watchmaker in London possessed a watch which he had made for a friend who had died. The watch was so accurate that it kept going for many years after the friend's death. The watchmaker was so proud of his work that he kept the watch in his shop for many years. One day he was cleaning the watch and found it had stopped. He was so surprised that he took it to a friend who was a watchmaker. The friend looked at the watch and said: "This is a very fine watch, but it is dead. It has stopped because the owner has died."

Origin of Hockey. The oriental origin of hockey is proved by the fact that it is often mentioned by Arabian writers in the earliest days of Islam at a time when France and England had no national existence. They speak of it as koura and describe it as a game in which the ball is struck with a curved stick called mihjan, or sanladjan. The latter word is Persian, which seems to indicate that the Arabs learned the game from their neighbors of Persia, who had learned it from the civilization of the East.

Killed by Imagination. A workman on the Siberian railway was accidentally locked into a refrigerator car and was afterwards found dead. Imagining that he was being slowly frozen to death, he had recorded his sufferings with a piece of chalk on the floor. The refrigerating apparatus, however, was out of order, and the temperature in the car had not fallen below 50 degrees Fahrenheit throughout the journey.

Ivory. It is said by scholars that no word in Biblical Hebrew denotes an elephant, yet the Hebrews were familiar with ivory, and the skilled workmen of Hiram, king of Tyre, fashioned the great ivory throne of Solomon and overlaid it with pure gold. See I Kings x, 18; II Chronicles ix, 17.

ALL AIRCRAFT OUTRIVALED

Ancient Bird, the Pterodactyl, Had Twenty-Five Fast Wings, Weighed About Twenty-Five Pounds.

Whence do the angels derive their wings—the angels, that is to say, of painting and sculptural art? From what source is the accepted model for these appendages derived? It is rather difficult to say, according to the Philadelphia Public Ledger. But apparently the wings conventionally worn by angels are those of the albatross. At all events, albatross wings correspond most nearly to the patterns.

The albatross weighs about 18 pounds and has a wing spread of 11 1/2 feet. Each of its wings has an area of seven square feet. With a wing spread proportionate to size, an angel as well equipped for flight as the albatross ought to be able to fly very well. The trumpeter swan, which is the greatest weight-carrier of all long-distance flyers, would be at a disadvantage as compared with an angel. It weighs 28 pounds and has a wing spread of only eight feet. But no angel or modern bird could compare as a flyer with the pterodactyl of 6,000,000 years or so ago, which, weighing perhaps 25 pounds, had a wing spread of 25 feet. Its bones were almost paperlike and its body hardly more than an appendage to its wings. With a head that was principally a daggerlike beak, and a pouch like that of a pelican, it fluttered mothlike (looking for fish) along the shores of the Cretaceous sea that extended northward from the present Gulf of Mexico to and over Kansas. He was "some" flyer, the "pterodactyl" (as naturalists call this species of pterodactyl); our modern flying machines have yet to rival his performances.

HAPPINESS INDUCES OLD AGE

Human Body Demands Enjoyment, and Like a Rose, Will Not Thrive in Shadow.

A woman has declared that at one hundred and six she is in better health and happier than at any previous time in her life, according to the Christian Herald. Surely a woman who is healthy at one hundred and six ought to be happy. She would have to be happy to be healthy. None but a happy disposition could carry one through so many years. A gloomy temperament would strangle life out of the body long before the age of one hundred and six. The human body can no more thrive in shadow than can a rose. We live by desire to live. Enjoyment of and zest in life are a constant source of life supply. Old age ought to be the happiest period of life, particularly for a woman. If she has kept her mind active and has wisely refused to settle into the dull rut that people always have ready for her, she can begin in old age to enjoy life in earnest. In old age there is no more worry about the babies, no more suffering for others. The children are grown up, and if her part has been well done, they are a joy and a solace to her. Grandchildren are a delight without the latter constant worry. The woman grown old in years should be at her best mentally. She is free to indulge her tastes, enjoy a good book and the conversation of genial friends. Women retain their vitality and spirits longer than men do. The burdens of life fall on them gradually, and the pace of retirement from active duties comes upon them little by little and almost imperceptibly.

Optimism Helps Some. Happy is the man or woman who can lay aside the cares and sorrows of the rushed and crowded today and revisit the scenes of yesterday. Happy, too, is the man or woman who lives in the tomorrow; that tomorrow where all is fair and bright; that tomorrow in which we are going to do noble and helpful deeds, and to win fame and fortune; that tomorrow in which we are going to move the world a million miles nearer to heaven, making it a better place for our fellowmen in which to live; that glorious tomorrow in which our dreams are to come true if prayers and conscientious efforts count for aught in bringing them to pass. Don't give up your dreams. Don't deny yourself this bit of happiness, for each beautiful, inspiring dream mellows your heart and widens your mental horizon. —Exchange.

Allice Was Not Particular. Little Allice was a great pet of her grandmother, who lived in the same house with her. Allice had the bad habit of running away, and her mother often had to resort to rather strenuous measures to keep her at home. One afternoon her mother was ready to go to her club, but as usual Allice was missing, so she started out in search of her. Finding her at one of the neighbors, she started with her toward home in silence. Suddenly Allice looked up with a winning smile and said: "Oh, mamma, you don't need to go home; you can just go on to your club, and grandma can whip me."

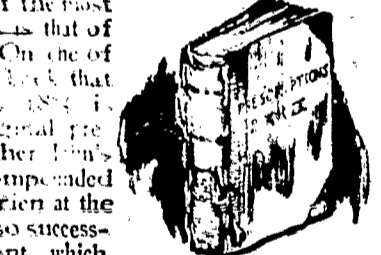
Miscalculation. "Why, didn't that widely advertised cafe open?" "Well, you see, after putting in a dancing floor, an ice skating rink, dressing-rooms for the cabaret performers and a platform for the orchestra, there was no room for tables." —The Lark.

LOOKING BACKWARD 60 YEARS

An Interesting Bit of History Everybody Should Know



One of the interesting places in Lowell, Mass., is the old apothecary, 169 on Merrimack street, established in 1827. This location is still a drug store, although of course modernized in many departments. The old prescription books, however, have been preserved and form an interesting record covering nearly a century.



The Old Prescription Book

Perhaps one of the most interesting books is that of the year 1835. On one of the pages of the book that dated June 9, 1835, I written the original prescription for Father John's Medicine. This prescription was compounded for the Reverend Father John O'Brien at the old drug store on that date, and was so successful in treating Father John's ailment, which was a severe cold and throat trouble, that he recommended the medicine to his friends and parishioners. In going to the drug store and

calling for the medicine, they always asked for Father John's Medicine, and in this way the medicine got its name and was advertised.

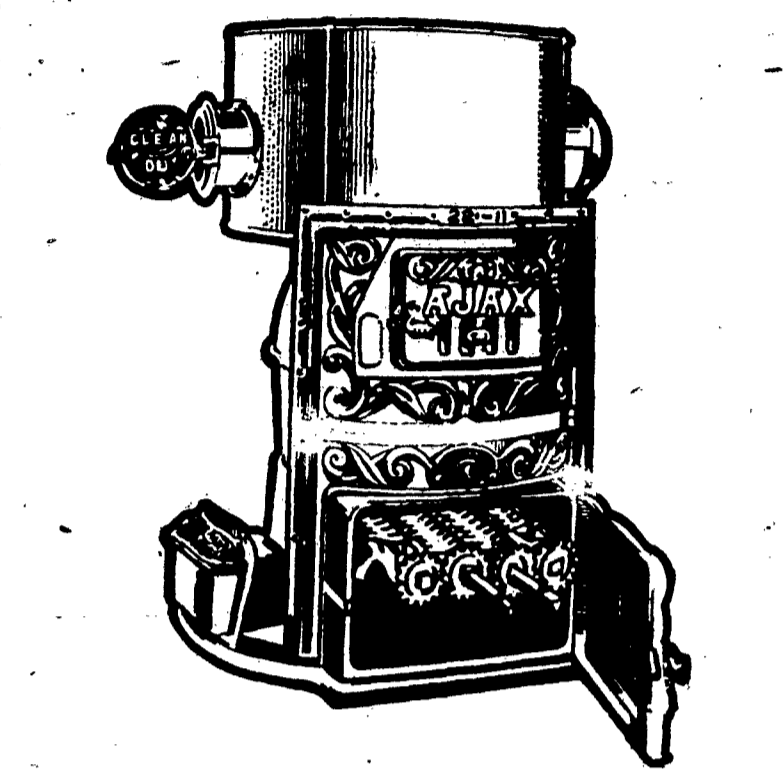
Father John's Medicine is a safe family remedy for colds, coughs, throat troubles, and as a tonic and body builder, because it does not contain opium, morphine, chloroform, or any other poisonous drugs, or alcohol.

Established in 1827.

INCORPORATED 1850
Monroe County Savings Bank
35 State Street, Rochester, N. Y.
RESOURCES \$28,400,000
Deposits \$1 to \$3,000
Interest allowed from the first three business days of any month
Dividend declared June 1st, 1917, for six months at the rate of 4 per cent per annum
JAMES E. BOOTH, Pres. WILLIAM CARSON, Sec'y & Treas.
BANKING HOURS:
Daily from 9 A. M. to 3 P. M.
Saturdays from 9 A. M. to 12 M.
Saturday evenings from 7 P. M. to 9 P. M. for deposits only

Monroe County Savings Bank
35 State Street, Rochester, N. Y.
RESOURCES \$28,400,000
Deposits \$1 to \$3,000
Interest allowed from the first three business days of any month
Dividend declared June 1st, 1917, for six months at the rate of 4 per cent per annum
JAMES E. BOOTH, Pres. WILLIAM CARSON, Sec'y & Treas.
BANKING HOURS:
Daily from 9 A. M. to 3 P. M.
Saturdays from 9 A. M. to 12 M.
Saturday evenings from 7 P. M. to 9 P. M. for deposits only

RED CROSS
AJAX
The Satisfactory Furnace
Ask Your Neighbor Who Has One



Installed by the Dealer Guaranteed by the Maker
If you have had trouble with your furnace, or if it is worn out, replace it with an Ajax now and insure a comfortable winter.
Do not experiment. Get the furnace that is known to be always satisfactory. The Ajax gives a maximum of heat from a minimum of coal. It is the most widely used furnace in Rochester. 22 styles and sizes from which to select.
Whatever the size of your house, there is an Ajax of the proper size to heat it.
For a lower priced furnace there is no better value on the market than the EMPIRE.
Co-Operative Foundry Company
Furnace manufacturers for 51 years

Fumed Oak Mission Furniture Comfortable, Durable, Livable
See the Cozy Flat H.B. GRAVES CO. "Rochester's Home Store"
785 STATE ST., ROCHESTER, N.Y.

Hibbard, Kalbfleisch & Palmer MEMBERS
New York Stock Exchange
New York Cotton Exchange
Chicago Board of Trade
100 Powers Bldg., Rochester. 38 Wall Street, New York

German American Lumber Co. GET OUR PRICES
142 Portland Avenue 888 Clinton Avenue S.
Both Phones, Home, 1365, Bell 1246

Book or Job Printing of any kind
470 Main Street East, 4th Floor.

So short the g... the m... all y... Unite... Dapa... 1916... compar... Geo... Otis... short... of the... more... the c... about... in out... the y... per ce... year... The... manu... a d... ced o... cress... to me... that... 10 per... has in... mand... ducing... before... week... daily... 1,900... yet at... August... summe... corded... Septe... 1,823... month... coal... 37,000... first e... same p... cite in... those c... In th... the G... ures o... regul... part i... reports... of tota... satisfy... tion on... miliar... diagra... tion wi... in the... Saturd... ing tot... appear... out the... FUNER... The f... Sander... manag... was he... 9:30... Lake a... o'clock... Charlot... Solen... brated... rector... Philade... Alexan... Church... Bajer... Homo... L. Hotc... Charles... Bennet... H. Chr... and Joh... were: F... Bromle... ry Pete... Grover... ferent... The us... John F... John P... There... 000 won... olic fore... is questi... en are a... Bring u...