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FIREARMS ARE NOT FRAGILE

Shotgun Properly Cared For is Said to Be Good for a Hundred Thousand Shots.

A question frequently asked is, "How long will my shotgun last?" or "How many shots can I fire from my rifle or revolver before it wears out?"

It is impossible for anyone to say just how long a firearm will last, because it is impossible to tell before-hand what kind of care it receives and the difference between a few hundred shots and a lifetime of faithful service.

Assuming that they are cleaned carefully and consistently a good shotgun will show practically no falling off in its power or penetration for probably well over 10,000 shots. A 22-caliber rifle and a .30-caliber are both good for 50,000 or 100,000 shots. A high power rifle is good for about 3,000 to 5,000 shots, usually the higher the velocity the shorter the life of the barrel.

Judging from the facts it would appear that the higher the pressure developed by the explosion the more wear on the barrel, for the shotgun develops the least pressure and the high power rifle the most.

A rather interesting sidelight on this question of barrel life is a determination of the actual length of time in which a good shotgun barrel is subjected to the force and burning effect of the powder charge during its life time. If 10,000 shots are fired from a shotgun the inside of the barrel is actually exposed to the flame of the powder charge for about four minutes.

AMOUNT OF FOOD NEEDED

Committee of Experts Has Decided Just What Must Be Supplied to the Average Man.

As a basis for calculating the amount of food which must be provided for the human system the International Scientific Food Commission has found that an average man of 154 pounds working eight hours a day requires food having an energy value of 3,500 calories.

The commission consists of representatives of the United States, France, Italy, Belgium and Great Britain and its purpose is to consider the food problem of the allies from a scientific point of view, and in agreement with the interested executives to make proposals to the allied governments.

The commission agreed that in event it should become impossible to supply 3,500 calories of food, a reduction of 10 per cent could be suffered for some time without injury to health. The minimum ration of fat for the "average man" was determined upon as two and one-eighth ounces a day.

The commission recommended that a uniform average milling extraction of 82 per cent for wheat be adopted throughout the allied countries, but this extraction may vary from 80 per cent in summer to 90 per cent in winter.

The commission had sessions in London, Paris and Rome.

A Real Treat

"Ladies and gentlemen," began the manager of the fully moving picture theater, appearing in front of the screen, "it affords me pleasure to assure you that we are about to present for your entertainment a unique departure in modern motion pictures—a 1,000-foot film, on which, after about 500 feet have been used in exploring the title, the name of the author, the excellent countenance of the famous star, Francis X. Bushman, the fact that it was produced under the personal supervision of a great genius of whom you never heard before, and the information that the photography, which is no better and no worse than common, was done by another total stranger, there will positively be nearly 200 feet of pictures given."—Kansas City Star

Epidemic Record of 1917.

Disease scourges took a great toll in the orient during 1917. Cholera prevailed in southern Asia from Asiatic Turkey to the Philippines, striking down 55,000 in the Indian region; there were 8,870 cases in the Philippines and more deaths in Burma. Bubonic plague belted the tropical world from Peru to Hawaii and New Caledonia. In British India the largest mortality took place; there were 590,000 cases, with 300,000 deaths. The disease area extended as far north as Egypt and Senegal. Yellow fever appeared in Africa, Mexico and South America. The deaths were not above several hundred.

Surely Has "Done His Bit."

"I think this man is doing his bit," writes an army correspondent who sends the following dispatch to the Army and Navy Journal:

"George Borden, a negro, of Goldsboro, N. C., has furnished sons to the war in the sum of nearly two squads. He is the father of 35 children, 27 of them living and 14 of them in the United States army either in this country or in France.

"He has been married three times and on four occasions has been the father of quadruplets."

Many Feeble-Minded.

A complete census of the feeble-minded in the United States has never been taken, but it is estimated that there is one feeble-minded person to every 200 of the population, or approximately 400,000 in all, according to the secretary of one of the New York mental hygiene organizations. About 12,000 men have been rejected from the new national army on account of nervous and mental disorders; and one-third of these were rejected on account of feeble-mindedness.

Fred J. Slager Named

on Honor Roll.

Word was received last Saturday afternoon by Mr. and Mrs. Julius Slager, of No. 216 Arnett boulevard, from the War Department, that their only son, Fred J. Slager, had died overseas on August 10th of wounds received in action. The soldier was a first-class musician with the rank of sergeant in the Forty-seventh Infantry Band. He was trained in Charlotte, N. C.

Musician Slager was well known in St. Monica's Church. He was a graduate of St. Monica's School and sang in the choir. A gold star will blot out the blue one for Musician Slager on the service flag of the church. This will be the second gold star on the church's flag. The other was put on for David Dwyer, who died at a camp in this country.

Musician Slager leaves, besides his parents, a sister, Marion Slager. He was a member of the Knights of Columbus and of Division 7, Ancient Order of Hibernians.

Cardinal Farley Improving.

Mamaroneck, N. Y., Aug. 29.—Cardinal Farley's condition was reported as "very much improved" by his physicians today. The prelate passed a good night and hope for his recovery was revived.

Soldiers Are Entertained.

Rochester Council, Knight of Columbus, entertained the soldiers stationed at Mechanics Institute, Wednesday evening. A musical program was given by Ray Fagan, Alice Davin, Charles Sullivan, Private Hudson, Roy Miller and John Black.

What Are Calories?

A Simple Explanation of How Food Value is Tested

Scientific tests prove that a teaspoonful of Father John's Medicine contains 35.715.76 calories which is six times greater food value than the same amount of pure milk.

When a chemist measures food value he does so in terms of calories. A calorie is the amount of energy required to heat one gram of water one degree. The value of the food we eat depends upon the number of calories which it contains. Without detailing the way in which these tests are made, which would require too much space, it can be stated here that a teaspoonful of Father John's Medicine contains 35.715.76 calories. The same quantity of steaks contains only 10.714 calories. By these tests also it was proven that Father John's Medicine is five times more nourishing than an equal quantity of fish and seven and one-half times more nourishing than an equal quantity of yeast.

Because it supplies the nourishment which you do not obtain from your food and supplies it in the form which the system most easily takes up and turns into tissue, muscle, flesh and strength, Father John's Medicine has had more than thirty years of success as a food tonic for those who are weak and run down.

It is guaranteed that Father John's Medicine positively does not contain any alcohol or any dangerous habit-forming drugs or opiates. It is a pure and wholesome, nourishing tonic food, a doctor's prescription, not a patent medicine. Begin taking it today.

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ROCHESTER EXPOSITION.

Rochester's Industrial Exposition promises this season to excel the high standards of former attempts.

Every man and woman, and particularly all children, are interested in the implements of war and the methods of warfare, and to instruct and entertain these the Federal Government, through the War and Navy Departments, has entered a wonderful exhibit. Types of machine guns, mountain guns, rifles, shells, accoutrements for camps, trench and canteen, swords, gas masks, grenades, bombs and everything used in the war will be shown. The Navy Department will show models of the latest cruisers, depth bombs which have raised such havoc with the U-boats, mines, marine weapons, flags, submarine, outfittings and uniforms of aviators.

Besides the fine exhibit from the Federal Agricultural Department, which is made to teach the war garden essentials, the New York State Department of Agriculture will provide an excellent exhibit. On top of these will be the finest showing of farm and fruit products ever seen in this city. Many of the Granges are competing for the honors.

The Minton Flag Display will be a priceless collection of 105 flags which date back to the time the Norsemen spent a winter on the New England coast in the year 1,000, and particularly through the Colonial and Revolutionary period of this country.

Signor Ferrari's Midway has been amplified this year and will show the largest collection of novelties and sideshows, to say nothing of odd mechanical contrivances, ever under his control.

A patriotic tableaux has been arranged which will depict various patriotic scenes, closing with a spectacle called "Over the top." The Horse Show, naturally, will attract big crowds.

C. M. B. A. Convention.

The following officers were elected at the convention of the New York Grand Council, C. M. B. A., held in Albany last week:

Spiritual advisory, Rev. William H. Darcy, Avon; president, Chas. P. Mead, Rochester; 1st vice-president, Daniel O'Connell, Elmira; 2nd vice-president, J. Virgil Esel, Utica; treasurer, John L. Schwartz, Buffalo; secretary, Edward Ryan, Syracuse; marshal, Stephen Gissel, Buffalo; guard, James A. Kennedy, Albion; medical examiner, Dr. E. L. Mooney, Syracuse; Board of Trustees, Thomas F. McEvoy, New York; Charles McDonough, Buffalo; James H. Walrath, Herkimer; Frank J. Schmidt, Buffalo; Dr. E. J. Hanratta, Watervliet; law committee, Francis J. Lynch, Syracuse; Michael C. Butler, Rochester; William H. Harrison, Jamestown; finance committee, Patrick Sheedy, Oswego; Francis Leavry, Rochester; James S. Sweeney, Buffalo.

Division No. 7, A. O. H. Resolutions

At the last regular meeting of Division No. 7, A. O. H., the following resolutions were unanimously adopted:—

Whereas—This Division has lost one of its respected members in the death of Fred J. Slager, who died overseas on August 10th of wounds received in action for the cause of peace and liberty, and

Whereas—Our deceased brother was a kind and devoted friend and a zealous member of our order.

Therefore, be it resolved—That Division No. 7, A. O. H. extend its sincere sympathy to the family of our deceased Brother in the hour of their affliction and commend them for consolation to the Divine Power above, and be it further

Resolved—That these resolutions be spread on our minutes and a copy sent to the family and published in the Catholic Journal.

P. Nugent, Pres.
O. Ward, Treas.
W. J. McGrath, Fin. Sec'y.
Committee.

Excellent Positions.

At good salaries are waiting for you. You can prepare thoroughly and in a relatively short time at the Rochester Business Institute and you may start any course on Tuesday, September 3d. You can register on any school day by calling at the R. B. I. office.—Adv.

LINKS ITALY AND AMERICA

Newly Installed Wireless Telegraphy Plant is the Most Powerful That Has Yet Been Built.

The announcement that Italy and the United States have recently been connected by wireless telegraphy deserves more notice than it has received. This achievement probably makes a back number of the great wireless station at Nauen, near Berlin, which has been so useful to Germany and which, when the war broke out, claimed to be the most powerful in the world, with an effective range of between 5,000 and 6,000 miles. From the nearest point in Italy to the United States transatlantic station at Arlington, near Washington, is not less than 6,200 miles, and to send an intelligible message across that distance might be more than even Nauen could accomplish. Owing to the hostility between the ether waves which carry wireless messages and sunshine, it is always easier to send messages long distances in northerly latitudes than in those more South, and the power required to cover a given distance increases with nearness to the equator. The wireless route between Rome and Arlington is for a good part of the way at least 800 miles nearer the equator than that between Nauen and the United States, which fact considerably adds to the achievement of the Italian and American experts.—London Chronicle.

Women as Aviators.

"Out of a thousand women who want to fly," says C. G. Gray, London aviation expert, "you might find one who has the right kind of nerve for flying. A great many women learned to fly before the war, but I never came across more than one who could really fly. She was a very exceptional woman altogether. In the United States Ruth Law was the first woman to fly from Chicago to New York. She came of an athletic family. Katherine Stinson, another American girl, nearly completed the same feat recently. But for one woman of this type you have, thousands hysterically anxious to fly, and they would only break their necks as well as government property and be a general nuisance."

Plane Mail Popular.

An average of 1,000 packets of mail are now being carried regularly every day between Vienna and Kiev by airplane. The distance between the two cities is 750 miles and the claim is made that this is the longest route now being operated in any part of the world. The trip takes from ten to twelve hours, compared to forty hours by train. It is made in four stages, the intermediate stops being Cracow, Lemberg and Proskurg.

YANKS DISLIKE FRENCH CASH

Call Greenbacks "Real Money"—Complaints That France Ship Through Fingers.

Forgetting how to figure in "regular money" and learning how to calculate in "this dough stuff" is one of the first worries of the American soldiers in France, says New York Evening Sun.

"Regular money" is good old dollars and cents, nickels, dimes and quarters.

"This dough stuff" is the name applied to French francs, usually paper money, often as low as single francs, or 20 cents, for most small cities have issued local small change currency.

The Americans do not like French paper money. They say it is trash, and tears, and is hard to count.

On the other hand, the French are shocked when an American crumples French paper up and shoves it in his pocket the "way they do back home." French money is to be handled in big pocket-books and not crumpled.

"Look at some real money once," a doughboy told a merchant, and flashed a bright new silver certificate. When he crumpled it up in his fist to show how "real money can be used" the Frenchman almost fainted.

The Americans are paid almost entirely in French money and they are getting used to francs, though they all agree "a franc's so small it slips through your fingers like water."

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