A Step Forward That Will Save Thousands of Steps

Did you ever figure out the time lost and the distance covered in a year by those trips between the ironing board and the range? If you did you wouldn't wonder why ironing day means physical exhaustion for you, nor would you wonder why you can scarcely spare a moment for anything but ironing on ironing day.

TRY AN ELECTRIC IRON

You'll save the tiring trips to the range; your mind will be at easier your strength will be conserved; the ironing done will gratify you, and you'll have time to spare.

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Tissue is the doctor's name for body cells.

It is to our bodies what coal is to an engine.

Every day we burn up a certain amount of tissue.

Therefore new tissue must be built to take the place of the lost fuel.

The food we eat makes this new tissue and in a healthy person gives enough fuel to replace the loss.

People get thin and "run down" because they do not get enough nourishment from their food to supply the needed fuel.

When the weakened system does not do its duty you must have a "tissue builder". Father John's Medicine is a real tissue builder because it actually makes new flesh and tissue.

When you take Father John's Medicine, the actual food elements of which it is composed give you new strength, and enable the organs of the body to resume their work.

Father John's Medicine soothes and heals throat and lungs treats colds, bronchitis, asthma.

People gain weight steadily while taking it.

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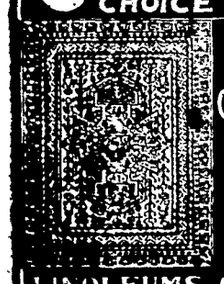

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PAY AND FILE INCOME TAX BEFORE MAR. 15

U. S. Internal Revenue Bureau Gives Warning That Severe Penalties Will Be Enforced.

WOMEN WITHIN LAW'S SCOPE; HOW THEY REPORT INCOME

The Income Tax drive comes to a close on Saturday night, March 15.

All payments and returns due on that date under the provisions of the new Revenue Law must be in the hands of local Internal Revenue Collectors before their offices close that night.

The Income Tax is being collected to meet the war expenses. Every person who shouted and tooted his horn on Armistice Day is now called upon to contribute his share of the cost of winning the war.

The laggards and the dodgers will face severe fines and jail sentences. The Internal Revenue Bureau announces that its officers will check us all up to see that every person who comes within the scope of the Income Tax law did his share.

Where to Pay and File.

Residents of New York state should make their returns and pay their taxes to the nearest of the following collectors of Internal Revenue: Vincent H. Riordan, Buffalo; Neil Brewster, Syracuse; Roscoe Irwin, Albany; Mark Eisner, 1150 Broadway, New York City; William H. Edwards, Custom House, New York City; Bertram Gardner, Brooklyn, N. Y.

Payments sent by mail should be attached to the returns and should be in the form of check, money order or draft. Cash payments by mail are sent at the taxpayer's risk of loss.

If you are unable to make your return personally because of illness, absence or incapacity, an agent or legal representative may make your return.

If there are any doubtful points as to your items of income or allowable deductions, you should get in touch at once with a Revenue officer or a banker for advice.

Women Pay Tax.

Women are subject to all the requirements of the Income Tax. Whether single or married, a woman's income from all sources must be considered.

If unmarried, or if living apart from her husband, she must make her return for 1918 if her net income was $1,000 or over.

If married and living with her husband, her income must be considered with the husband's in determining the liability for a return. Their joint income, less the credits allowed by law, is subject to normal tax. The wife's net income is considered separately in computing any surtax that may be due. Husband and wife file jointly, as a rule. If the husband does not include his wife's income in his return, the wife must file a separate return.

Severe Penalties.

The new Revenue Law places severe penalties on a person who fails to make return on time, refuses to make return or renders a fraudulent return. For failure to make return and pay tax on time a fine of not more than $1,000 is named, and 25 per cent of the tax due is added to the assessment. For refusing wilfully to make return, or for making a false or fraudulent return there is a fine of not exceeding $10,000 and imprisonment of not exceeding one year, or both.

Farmers' Income Taxable.

Every farmer and ranchman who had a fair or a good year in 1918 must heed the Income Tax this year. He must consider all his income as taxable. He is entitled to deduct from his gross income all amounts expended in carrying on his farm. The cost of farm machinery, farm buildings and improvements cannot be deducted. The cost of live stock, either for resale or for breeding purposes, is also regarded as investment.

Overtime and Bonuses Taxed.

Salary and wage earners must consider as taxable every item received from employers and from other sources. Bonuses and overtime pay are to be reported, as well as the regular payments.

Allowances for Losses.

Losses sustained in 1918 and not covered by insurance are deductible items if incurred in the taxpayer's business or trade, in any transaction undertaken for profit, or arising from fire, storm, shipwreck or other casualty, or from theft.

SQUARE DEAL FOR EVERY INCOME TAX PAYER

Washington, D. C. — "The rights of all persons now filing Income Tax returns are amply protected by provisions for abatements, refunds and appeals," says Commissioner Daniel C. Roper.

"Every person can be sure of a square deal. No person is expected to pay more than his share of tax. His share is determined solely by the amount and nature of his net income for 1918, as defined in the law.

"Abatement petitions are dealt with open-mindedly. Refunds will be made in every case where too much tax is erroneously collected.

"The Income Tax is 'on the level' all the way through."

HOW COAL MINES LAID FOUNDATION OF GREAT BRITAIN'S POWER.

—Britain owes its position in the world of commerce and industry, which means its financial status in the world, to coal more than to anything else. If beneath its soil and in its river beds it had possessed as much gold as Australia, or California, or South Africa, it would not have availed it nearly so much as its wealth in "black diamonds." Not only do the coal mines employ more than a million men, but indirectly they produce employment for the cotton, woolen, iron, shipbuilding, and many other great industries without which the country would soon be plunged in poverty.

It is an amazing fact that Britain produces a fourth of all coal used in the world. Coal is money to Britain. It pays in coal for thousands of commodities which are imported into that country, and which no amount of "reconstruction" could enable them to produce within their own borders. Yet Britain's coal is by no means inexhaustible, and it is estimated that at the present rate of consumption it can only last 500 years.

KEPT BUSY ALL THE TIME

Why Missionaries, Unlike Their More Fortunate Brothers, Can Have No Regular Hours.

The missionary formerly worked months and even long years, for a single convert, and, when he had secured him, had only a single illiterate man from the lower classes. Now he has accessible, on the one hand, millions of lower-class people; and, on the other, an increasing number of men and women who are already the great leaders among their countrymen. The present mission staff and equipment is adapted largely for dealing with the man of the lower classes, and for dealing with him individually. Slowly the skeleton organization has been expanded and partially filled out; but no church has yet grasped these larger opportunities for personal evangelism which the last few years and decades have brought. As the opportunity has grown, schools, hospitals and publishing houses have been added—designed to care for work already under way. With few exceptions the missionaries on the field are tied down to the direction of these institutions. They must supervise the churches and the native pastors; run the hospital; manage the printing press; keep accounts, and, in the greater proportion of fields, cultivate an American constituency to meet their increasing needs for more money. Many missionaries are now compelled, aside from their own salaries, to finance the greater part of their work. There is a man in India whose mission expenses run from 1,200 to 1,500 "rupees" a month. He receives 300 by appropriation; the remainder he must raise as best he can. More extraordinary still is the fact that he actually raises it.—Tyler Dennett in Asia Magazine.

Why Hospitals in Clouds.

For many years medical men have been hunting for a place that would be absolutely germ-proof, and at last it has been found, the Philadelphia North American states. Now that aviation is becoming a part of modern warfare, we have learned a great deal about the air that we never knew before. If we go high enough, there are no germs and the pressure is less also as we go higher up. The question now is, wouldn't it be a good thing to put our hospitals up there, at least those dealing with open wounds and diseases that needs lots of fresh air, such as tuberculosis? Enormous airships could be anchored above our heads and the patients could be carried up in airplanes. Stranger things than that are happening every day around us, and physicians say that the idea even now is more than a pipe dream. Such a hospital would be ideal for children with the rickets. Up in the clouds, where there was nothing but pure air and sunlight, the very lack of which caused their disease, they would probably come down in a few weeks totally cured.

How Soft Coal Is Made Hard.

Converting bituminous coal into an equivalent of hard coal is a late development that will have a far-reaching effect on American industry, according to Popular Mechanics magazine. The new fuel is entirely smokeless and under the new process by-products now wasted are recovered. These largely compensate for the cost of conversion. A plant has been in operation in the East for some time, perfecting the process and making tests of a practical character. The raw coal is subjected to a distillation process at low temperatures, the residue being pressed into hard, durable bricks that are again subjected to distillation and produce an intense heat.

How Bobby Got Dirty.

John and Robert had just been dressed in their new white suits and were waiting near the porch for their mother to take them downtown. When their mother came out John's suit was still clean, but Robert's suit was soiled.

"Why, Robert, I have a notion to leave you at home," said his mother.

"Oh, don't, mother," said Robert, half crying; "you know the dirt blows right past John and sticks on me"

NEW YORK NEWS ITEMS IN BRIEF.

Paragraphs of Interest to Readers of Empire State.

Interesting News of All Kinds Gathered From Various Points in the State and So Reduced in Size That It Will Appeal to All Classes of Readers.

Marriage is on the increase in the city of Buffalo.

Scarlet fever has made its appearance in Canandaigua.

Six Canandaiguans have been cited for bravery by General O'Ryan.

It is expected in Rochester that the barge canal will open on April 1.

Niagara county may build a memorial bridge across the river.

Mt. Morris says shortage of houses in that village is a serious problem.

Seneca Falls will use voting machines for the first time this month.

Plans to erect a beautiful memorial hall at Greece are apparently dead.

Dundee tells the world there will be no politics in its next village election.

Mt. Morrris Italians will put their own village ticket in the field, they say.

The fruit crop outlook in Orleans county is good, says J. E. Allis, peach king.

Ontario county sheep breeders have formed an association in Canandaigua.

Olean believes it has induced Pennsylvania towns to co-operate in road making.

The old fort at Youngstown has been suggested to the government as a war museum.

All whisky and mixed drinks went up an average of five cents in Buffalo last week.

After April 1 the Cattaraugus postoffice will be enlarged to care for increased business.

The Lockport board of commerce protests against the repeal of the daylight saving law.

The Genesee Baptist church building is for sale, the denomination having died out there.

Olean Trade and Labor council has started a campaign against the higher gas rates there.

It is officially announced that 10 per cent of the Erie employes in Hornell will be laid off.

Stopover privileges at Niagara Falls have been restored. They were removed as a war measure.

Dairymen of Bath are planning to build a plant which would handle the milk from several towns.

Stockholders in the American Railways Brotherhood in Hornell may be forced to pay an assessment.

Shortsville is to name a torpedo boat chaser, as an honor for a high rating in the last Liberty Loan drive.

It is announced that the entire plant of the National Wire Wheel company will be removed from Geneva.

The United Presbyterian church in Rochester will petition the Rochester authorities to establish city milk control.

There is a rumor around Rochester that the government may keep its big cannon factory in University avenue.

One of the Dunkirk breweries has arranged to get 200 barrels a month from Chicago in order to prevent a drought.

Uncle Sam bought 100,000 pounds of Ben Davis apples in Geneva, paying 5 cents a pound. They will be fed to soldiers.

Forty indignant farmers of Brockport met in that village to demand an immediate improvement of a stretch of road.

The question of paying the mayor of Wellsville a salary of $600 a year will again be voted upon at the spring election.

Fredonia has started a movement which it is hoped will culminate in the formation of a National Guard unit there.

A bill to amend the highway law raises the prices that may be paid by a town hiring a traction engine from $8 to $15 a day.

The Allegany County Volunteer Firemen's association will hold its annual parade and convention at Bolivar July 2, 3 and 4.

The old Olean fair grounds will soon be a handsome residential section of the city. Fifty houses are to be constructed on the site immediately.

The managers of the Burden iron mills in Troy announce that the plant has closed for an indefinite period. Lack of orders was given as the reason.

Mrs. Ella L. F. Nicholson, past grand master of the grand chapter of the Order of the Eastern Star in the state of New York, died suddenly in Rome.

The sum of $75,000 of state funds to fight the European corn borer was made available when Governor Smith signed the Sage bill appropriating that amount.

Creating a bureau of women in industry in the state department of labor is provided for in the Fearon bill passed by the assembly. The bill appropriates $20,000 for the new bureau.

[illegible] way department, all Republicans, have recently been reappointed by State Highway Commissioner Edwin Dudley, it was announced in Albany.

Orleans county cold storages are being used by the big meat packing concerns of the United States for storage of meats. It is the first year these large plants, erected for storage of fruit, have been used by the meat packing companies.

That the Prohibition party should continue its political activities to gain election of candidates pledged to prohibition was the sentiment of a formal resolution of the executive committee of the New York State Prohibition committee adopted in Utica.

A literacy test amendment to the state constitution was introduced in the assembly by George R. Fearon of Onondaga. The measure is designed to provide that no person shall be entitled to vote unless able, except for physical disability to read and write English.

A new bureau in the state labor department to administer laws affecting women in industry would be created under the terms of the Fearon bill, which passed the assembly. The measure would appropriate $3,000 for the salary of a chief and $1,500 for five investigators.

Erie county led in the amount of January sales of War Savings stamps in Western New York, according to a report just issued by local headquarters. The county has to its credit the amount of $79,449.70, while Monroe county came in second with a sale of $53,716.25.

Extensive layoffs among railroad men are reported in Salamanca and vicinity, and shorter hours are the program in some departments. In the Allegany division of the Erie railroad there have been 10 firemen laid off and engineers have been set back in order of their seniority to fill the places of the men temporarily out of employment.

Before Referee King in Troy the bankruptcy case of ex-Governor John A. Dix and the Mohawk River Lumber company were virtually [illegible]. The sale of the bankrupt's [illegible] in Glens Falls was confirmed and it was announced that claims of Mrs. Dix against her husband and the company had been settled. The [illegible] of Mr. Dix and the company had been placed at $700,000.

No person conducting business of any kind would be allowed to affix, attach or exhibit on the exterior of the premises used by him any sign, placard, card, notice or advertisement, unless it was in the English language, under the terms of a bill introduced in the legislature by Albert Link of [illegible]. Signs, notices of advertisements posted by any state or other public authority would be excepted.

Army, navy or marine corps veterans and men, who have served in the naval reserve or state national guard for an aggregate of five years, would be exempt from jury service under the provisions of a bill introduced in the assembly by Thomas F. Curley, Democrat, of Richmond. The present exemption is limited to those discharged from military forces of the state after seven years of service.

A bill designed to provide that officers of a colored infantry regiment of the state shall be selected from the colored membership of the regiment, was introduced in the assembly by Martin J. Healey, Democrat of New York. Any member of a colored regiment who had served actually abroad during the world war would be eligible notwithstanding the length of time he had spent in service.

At the farm bureau meeting in the Grange hall at Fredonia it was figured out by L. H. Vogt of the state agricultural college at Ithaca that the average cost of growing, harvesting and hauling a ton of tomatoes in the belt is $15.40. This figure was based on an average yield of 6½ tons to the acre. At that rate the growers have been growing tomatoes at a loss in many instances and at a very small profit in others for years past.

The open weather during the present season has tempted the farmers and fruit growers of Orleans county to anticipate spring and many are casting about for workers. It is believed that when the active work begins the farmers will need even more than what is termed experienced labor and that the returned soldiers, whether experienced or not, will easily find farm work because of his outdoor training and easy adaptability to hard field work.

Assemblyman Miller of Erie county has introduced a bill amending the liquor tax law relative to sale, delivery and possession of liquor in local option vote by providing that the provisions of this subdivision shall not be deemed to prohibit in any town or city the possession by a duly licensed pharmacist or by a manufacturing pharmacist of either alcohol or wine to be used as a preservative, solvent in the manufacture and compounding of drugs and medicines.

Chorus girls are better [illegible] than manicurists. This fact is established beyond doubt by the annual report on criminology which Attorney General of State Hugo transmitted to the legislature. Only two chorus girls from grace in this state last year, compared with three who made their living by the butter and eggs [illegible] stenographers so misbehaving during the year as to be caught in the toils of justice. First honors among the actors, chefs, bakers, waiters, hairdressers, [illegible] women and law clerks for [illegible] each were awarded.