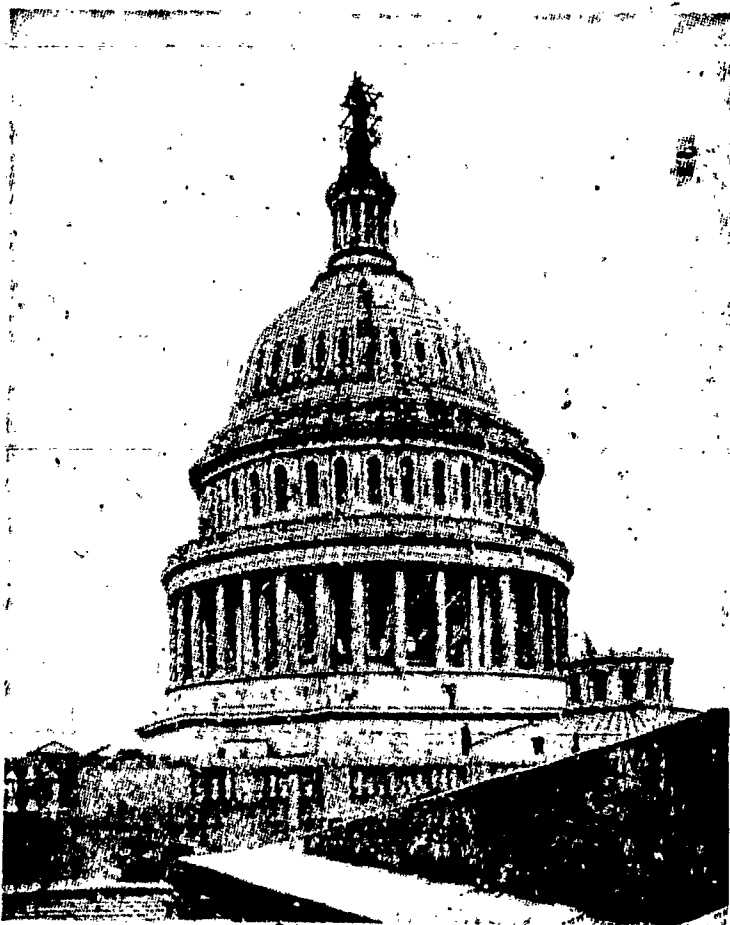


Uncle Sam Sets a Good Example

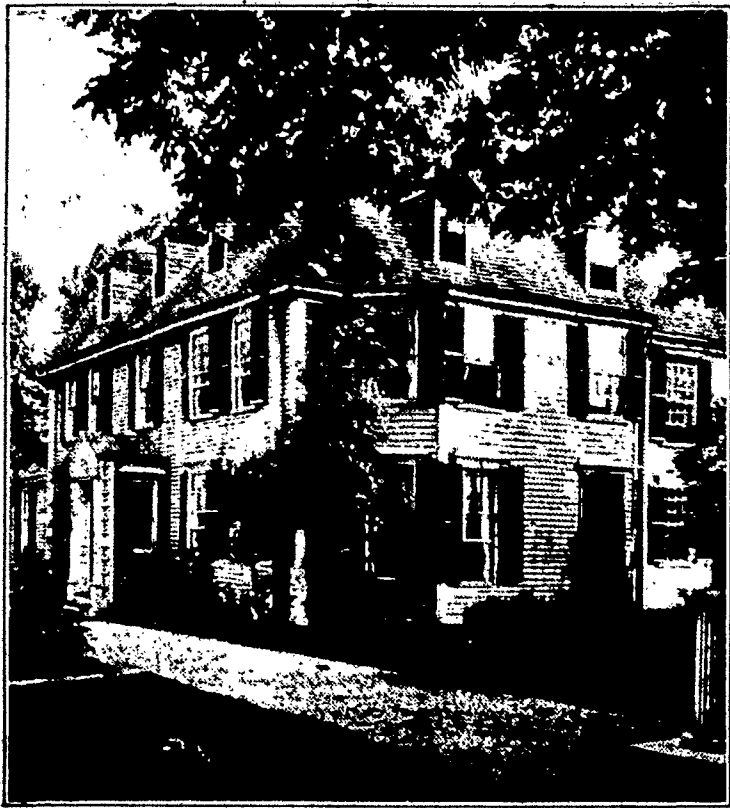


VIEW OF U. S. CAPITOL DURING PAINTING.

The dome of the United States Capitol at Washington is kept in excellent condition by painting it every few years. For this work forty painters are steadily employed for three months' time. Over five thousand gallons of paint are required for one coat. The reason for painting the Capitol dome at regular intervals is to prevent disintegration of metallic surface.

THE COSMETIC OF THE INANIMATE.

I am the savor of surfaces.
I am the world-old preserver.
Noah knew me, for he pitched the ark within and without.
The Pharaohs sought me as an adornment for their tombs—their mummies endure because I conserve.
I am the woad of the ancient Britons: their blue battle hue.
Because of me the treasures of the Sistine Chapel defy effacement.
I am the keeper of the antique.
I am the servant of progress.
Columbus found me bedecking the savages who watched him plant Ferdinand's banner on the shores of New Spain; and the very sails of his caravels resisted the elements of the West through my aid.
The pioneers westward wending their way daubed the prairie schooners with my protection.
I am the royal robes of civilization's monarchs, Steel and Lumber.
The taut wings of the airplane gleam under my protective venter.
The sullen dreadnaught and the homing transport plow the seas impervious to corrosion because of me.
I waterproofed your agents of destruction, the bullet and the shell.
Then I drew the mercy of my concealing camouflage over your hospitals.
I glisten on the homes, and on the barns, and on the cement surfaces.
Where life is, I am alive.
Where death and decay set in my absence hastens them.
And my mission is to preserve.
Saver of Surface, I am PAINT!



THE QUINCY MANSION, QUINCY, MASS., BUILT IN 1665.

America's classic example of a clapboard building preserved for over two hundred years by careful and frequent painting. It has secret panels, chimney staircase and hiding places, said to have been used by smugglers. Later the home of great statesmen and of the famous belle, Dorothy Quincy.

* THE PAINTER'S BEST FRIEND *
* Of all the many liquid substances which can be used for the binding of paint or dry substances which when dissolved in water are used as vehicles for pigments none fulfills necessary conditions, so well as linseed oil, the king of the fixed oil, and what is of enormous importance, does it as cheaply. It is the painter's best friend because it makes his work satisfactory. *

* SAVE THE SURFACE. *
* Save the surface and you save all. Disintegration and decay are conditions which usually start at the surface of any material. Protection against deterioration or rot of substances, therefore, should begin with care of the exterior. Provided a material does not carry within itself the element of sure decay, proper surface protection will undoubtedly lengthen its life. *

FAMOUS OLD ENGLISH FORT

Porchester Castle, Obsolete Now, Must Have Been Place of Great Strength in its Day.

Far away, behind all that the majority of people know of Portsmouth (Eng.) harbor—the outer basin with the ships of all kinds and descriptions coming and going in it, from the great battle cruisers to the steamers plying to and fro from the Isle of Wight—far from all the bustle of the harbor side at the extreme end of a great stretch of tidal water, backed by the long low line of the downs, stands Porchester castle. Roman as its name denotes, Porchester is said to have been one of the nine fortresses built by the Romans to defend the British coasts against marauding pirates from across the North Sea. However, this may happen to be, the walls which face the huge expanse of mud flats at low tides and water at high tide are really the work of Roman builders, which is a great deal more than can be said for many of the so-called "Roman walls" in other places. Wonderful walls they are, too—Roman builders never did things by halves—fully ten feet thick and built of flint and concrete with courses of limestone slabs.

The strength of the place before artillery came into use, or against an enemy unprovided with it, must have been enormous and its situation must have made it almost impregnable. The Normans recognized its value and Henry I added the great keep and many of the other buildings.

LINK WITH PREHISTORIC DAYS

Hoatzin Birds, Found in Guiana, Have Long Been a Subject of Study by Scientists.

Running on all fours; climbing with fingers and toes like monkeys, diving and swimming as skillfully as if they were denizens of the ocean, the baby Hoatzin birds, found in Guiana, perpetuate the prehistoric days when reptiles were the dominant beings. It can neither sing nor fly gracefully and its very presence is betrayed by its strong odor, but it is none the less of great importance in the bird world because of its strange prehistoric attributes.

The nests of the old birds are always built out over the water, frequently some 15 feet above the surface, and the young birds, with their wings turned back, not folded as is usual but up like a deer's hands, will dive cleanly from the nest into the water and swim like a fish. When they wish to return to the nest they climb on shore and walking on their feet and handlike ends of their wings will creep back to the tree and then climb like a monkey, using what is virtually the thumb and first fingers of their strange wings. They have a long neck and head far more reptilian than birdlike, and despite their lack of beauty many scientific expeditions have been sent to Guiana to photograph and study these birds, who represent all the ages of history from reptile to modern life.

Thrill of Doing Things.
Life is made up of trials and satisfactions. The one is to keep up your muscle, and the other is to keep up your morale. The one sets tasks that try the fibers of your nature; the other bestows the mental laurel that marks consistently won victory. The whole process begets thrills that enhance ideas of achievement. The very idea of doing seems to carry with it the sense of worth and fitness. Instead of feeling yourself driven by the stress of compulsion you feel like an explorer in new regions. Each thing done adds to the joy of doing as it brings facility and smoothness of operation. The sum of things attempted and finished tells a story of joy known only to the fellow who has felt the thrill of doing things.
The biggest challenge to the healthy man is the chance to do.

England's Big Mistake.
On the 8th of March in 1775, the house of lords in England passed the stamp act, which led to the famous Boston tea party, the first militant act of the Revolution.
The English treasury had been drained by the Seven Years' war and the country needed money. The people of England were already taxed to the limit and King George and the English parliament decided that the most expedient way to raise money was to tax the American colonists and to establish the principle that the colonists must pay taxes to the crown even though they were not allowed representation in the English parliament.

Mammoth and Man.
The first mammoth remains dug up in Europe were supposed to be those of gigantic men. In 1577 a learned professor at Liferne, from a pelvis and one thigh bone, "reconstructed" a man 19 feet high. Nor was the mistake without excuse, inasmuch as the bones of the mammoth are remarkably human like. The vertebrae look like magnified copies of human spine sections, and the same is true of the shoulder blade, the pelvis, the femur, etc.

Association of Ideas.
"Why do you object to the study of botany in the schools?"
"It nearly ruined my digestion," said Mr. Growcher. "I cultivated the habit of calling vegetables by their Latin names until nearly everything I ate sounded as if it had come out of a doctor's prescription."

'RICHEST BOY' TO SPEND ONLY A DOLLAR A WEEK

Thomas Austin Yawkey Intends to Continue the Practice of Thrift.

He used to have a quarter a week to spend and now he's worth \$20,000,000, but early habits of thrift—such as the Government seeks to encourage through War Savings Stamps—have kept wealth from turning the head of sixteen-year-old Thomas Austin Yawkey, a student in the Washington Irving School, of Tarrytown, N. Y. He has become the "Richest Boy in America," through a bequest of his uncle, William H. Yawkey, of New York City. His attitude towards his recent inheritance is almost ideal from the standpoint of thrift.

In the private school to which he was sent in his ninth year, Tom was trained to frugal living. His spending money was regulated to a quarter a week, the disposal of which he always accounted for. Now his weekly allowance will be raised to a dollar, but he intends to still keep a careful account of how it is spent.

The boy appreciates a thrifty life and means to live it. He is content to get along each week on the price of four Thrift Stamps. He wants to be a good business man and a wise philanthropist. He already is planning how to take care of his fortune in a way that will do the most good for the world. He intends to spend far less than his income and to employ the surplus in charitable work.

Tom's ideas of thrifty living and the application of his surplus income for charity are unquestionably good ones. The United States Government has made it possible for everyone to do likewise, perhaps on a smaller scale, but with equal benefit to themselves. The purchase of Thrift Stamps and of War Savings Stamps is a sure and steady means of establishing a sum for future use. Living well within one's income is one of the first rules of thrift. Putting the small amounts away in such an elastic medium as War Savings Stamps is the next step in the provision for future happiness. Such saving removes the handicaps of so many people who really want to do good, but who never have made any definite effort to provide themselves with capital.

GET AN EXAMPLE.



PUPILS GET THRIFT BOOKS.

Practically every child in every school throughout New York State and the twelve northern counties of New Jersey has received a Penny Savings School Book, bound to help children save for thrift stamps. Many innovations are being introduced in this work in the schools. Well known military experts and young officers of the aviation corps will address the youngsters. Pictorial releases and other features will be used to arouse patriotism.
Reports from leading cities of the state show a remarkable increase in War Savings Societies. Buffalo, Rochester and Binghamton making a particularly good record.

NEW THRIFT BOOK.

W S S
PENNY SCHOOL SAVINGS BOOK
Name _____
School _____
Grade _____
Teacher _____
When your country calls Lend more than your ear.
As the boys come back, more and more now, all the time, let's show them that we welcome them and that we are going to do our share as they did theirs abroad! Let them see our welcoming smiles, and let them feel them in the subscriptions we make to the Victory Loan!—Mary Graham Bonner.

Knights of St. John

Ten companies, numbering about 750 men in all, of the Knights of St. John, were reviewed by Joseph H. Weis, colonel of the First New York Regiment, Wednesday night in Convention Hall, and were inspected by J. J. Nunnold. The regiment drilled for an hour in the annex of the building. Dancing followed in the hall.

The following committee was in charge: Major Fred Wegman, chairman; lieutenants, Clarence Geck, Charles Vogler, Eugene Scheid, A. Scheible, Otto Merkel, E. A. Becker, Wendel Mader, Charles Hohman, William Deckman, F. C. Klueber, Joseph Spahn, John Hess, John Schnoor, Gust Knapp, George Winzer, George Wahl, Frank Dreschler, Fred Huhn, Joseph Carbone and J. J. Canavan.

Tissue Building

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 is best for colds, bronchitis, asthma.

People gain weight steady while taking it. Remember, Father John's Medicine contains no alcohol or dangerous drugs. It has a history of more than half a century of success.

Men Responsible For U. S. Winning War



Major General Edward F. McClachlin, commanding officer of the First Division, at his quarters during the occupation of German territory by the American troops at Conz, Germany. Part of the money raised in the Victory Loan will be used to feed and clothe this Army of Occupation and to pay for the return trip of the men guarding our interest on the Rhine.

When your country calls Lend more than your ear.

As the boys come back, more and more now, all the time, let's show them that we welcome them and that we are going to do our share as they did theirs abroad! Let them see our welcoming smiles, and let them feel them in the subscriptions we make to the Victory Loan!—Mary Graham Bonner.

Order of the Alhambra.

Every Alhambrian in the city is looking forward eagerly to the spring ceremonial of Musa Caravan, No. 25, Order of the Alhambra, which will be held May 5th, in the hall at Hudson and Clifford avenues. Many notable Alhambrians from various parts of the state are expected. Among them will be James M. Lynch, who has been asked to speak at the banquet.

Joseph Fritsch, Jr., will be the Emir of Cordova and Assemblyman Harry B. Crowley the Kalif. Daniel F. Fitzgerald will be Christian Knight and Edward Roland master of the oasis.

Supreme Grand Commander John Ryan, of Buffalo, and Supreme Grand Scribe A. B. Neubaauer, of Albany, are expected.

Alhambra Convention Will Be Held In Buffalo This Year.

The biennial supreme convention of The Alhambra will be held this year at Buffalo, the delegates being the guests of Cordova Caravan No. 26 of that city.

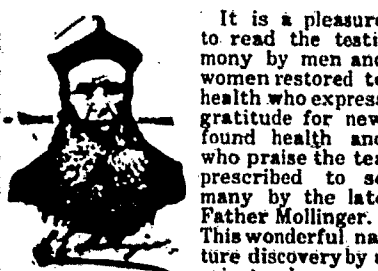
Supreme Commander, Hon. John T. Ryan, was chairman of the Guard of Honor of about one hundred prominent citizens of Buffalo, who escorted Rt. Rev. William Turner, D. D., the new Bishop of the Diocese upon his arrival at the Union Station to the Episcopal residence.

Knights of Columbus

Rochester Council, Knights of Columbus held a reception in the council chambers on Thursday evening April 24th, for Rev. Chaplain Lieut. J. J. Ganey, of the 38th Infantry, 3rd Division, returned from active service in the decisive battles of the world's war. Father Ganey is a Fourth degree member of the council.

THE JOY OF HEALTH

Expressions of Happiness by Users of Father Mollinger's Famous Herb Tea.



It is a pleasure to read the testimony by men and women restored to health who express gratitude for new found health and who praise the tea prescribed to so many by the late Father Mollinger. This wonderful nature discovery by a priest who was a noted physician must necessarily have great merit judging by the general satisfaction of users. It is a family remedy made at home in the old fashioned way. It will give sparkle to the eye and color to the cheek. It is free from alcohol or drugs of any kind and is beneficial for all the organs of the body. Send for your \$1.10 package, a full five months treatment, and join the army of happy health seekers.

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