

What Are Calories?

A Simple Explanation of How Food Value Is Tested

Scientific tests prove that a teaspoonful of Father John's Medicine contains 25,715.76 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 25,715.76 calories. The same quantity of steak 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 cod fish and seven and one-half times more nourishing than an equal quantity of oysters.

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 sixty 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 pure and wholesome, nourishing tonic food—a doctor's prescription, not a patent medicine. Begin taking it today.

We Cater to Artists

Our department of artists' materials is complete in supplies for sketching, water-color and oil-color painting, etc., from the smallest appliance to the latest book of instructions. We aim to provide the best-known goods and painstaking service.

BARNARD PORTER & REMINGTON
North Water Street
Near Main

Glasses fitted by us

Something which will add to your daily comfort and enjoyment.

E. E. BAUSCH & SON
Opticians Optometrists
6 MAIN STREET EAST
and 15 EAST AVENUE
Two Stores

WE are not on a pedestal hollering that no one has good paint but us, to do so would naturally raise the question of your intelligence and our sanity.

All we say is there is no better paint at any price than

Moore's
\$4.30 per gal. cash

Humphreys

TWO STORES
24 South Ave. 53 State St.

Telephone: Roch. Stone 532 Bell. 1506 Main

Frederick Baetzel
COAL
438 Exchange Street

Established 1895
PICTURE FRAMING
And gold gilding, paintings restored, old frames re-gilded, mirrors resilvered
Scarvogel's Art Rooms
65 State St. Home Phone Stone 3092-L
LAWRENCE DI BELLIS, PROP.

Main 2429 Stone 4118

American Taxicab Co.

Right Service at the Right Price
Funerals, Weddings, Christenings,
Station Calls
287 Central Avenue

Our City Collectors will call on our subscribers next week. Kindly be prepared for them.

City Parish News

Interesting Budget of Happenings Gathered by Our City Reporter

St. Peter and Paul.

Masses on Sunday will be held at 6:30, 8:15, 9:30 and high mass at 10:45 o'clock.

On account of Labor day falling on next Monday the regular meeting of Ladies' Auxiliary, No. 45, will be held on Tuesday evening, Sept. 2nd, at 8:15 p.m.

After the last meeting of Br. 62, L.C.B.A., five games of pedro were played. The prizes were won by Hattie Biety and Mrs. Diehl. Assessment 356 and extra will expire on Thursday evening, September 4th.

On Saturday morning a requiem mass was celebrated for the deceased Dr. Frank Maloney, Miss Louise Meyers President of Br. 62, L.C.B.A., is spending a week at the Dew Drop Inn in Webster.

Mrs. Louis Breiner and son, Mr. and Mrs. George Schmidt, Elizabeth and John Schmidt returned from a two weeks motor trip, to New York, Philadelphia, Baltimore and Washington. While in the latter city they visited their sisters, Sister Charitas and Avaline of the Order of Notre Dame.

Blessed Sacrament.

Thomas H. Butler aged 28 years, died Monday evening, Aug. 25, in the town of Brighton, N. Y. Deceased is survived by his wife, Martha Bernard Butler, and one son, Russell Butler of Brighton N. Y.; his mother, Mrs. Mary Butler of Lowell, Mass. The funeral took place Thursday morning at 8:30 from Strauchen's funeral chapel, 265 North street, and at 9 o'clock from this church. Interment was made in Holy Sepulcher Cemetery.

French Church.

Rev. Father VanderMuellen, pastor in charge of this church in the absence of Rev. Father Notebaert, requested the congregation last Sunday to subscribe towards a fund for the cleaning and decorating of the church.

ST. MICHAEL'S.

The requiem masses for this week were for Elizabeth Metzger, Matthew Uelman, George Weiland, Maria Knipper, Magdalen Thomas and John Rauber.

The members of the choir held their annual picnic last Wednesday at Point Pleasant. A fine list of sports were run off. Those who won prizes for races were: Guessing contest, Catharine Hummel, Frank Wollensack; Time Race, Elizabeth Heeks, Edwin Eiselle; Clothes pin race, Mary Whitney, Andrew Wollensack; Running race, John Breitung; Peanut race, Edna Reinschmidt.

Regular meeting of Branch 104, L.C.B.A., will be postponed from Monday evening to Wednesday evening next week. Take notice assessment 355 expires.

A month's mind requiem mass was read this week for the repose of the soul of Agnes Schultz at the request of the C.W.B.L.

The bans of matrimony were announced Sunday between Arthur Schultz and Marie Long.

Why Do You Not Prepare

For a first-rate position in business? The R. B. I. can give you that preparation in a comparatively short time by intensive training and thus enable you to earn a good living. Call our office for full information. Fall term opens Tuesday, September 2, Rochester Business Institute, 172 Clinton avenue south.—Adv.

Kodaks for Labor Day

And expert advice on how to use it to the best advantage. Then bring your film to us for the kind of finishing that will make you feel proud of your pictures. Marks & Faller, Inc., 28 State St.

Band Concert By Catholic Boys.

The following program will be given by the Immaculate Conception Boys' Band, under the direction of William J. Melville, in Wilson Park Saturday evening from 7:45 to 10 o'clock:

"America"; March—"Old Black Joe"; Murphy; Overture—"Mignonette"; Bauman; Cornet solo—"The Holy City"; Adams, William Brown; Characteristic—"A Slippery Success"; Jones; Selection—"H. M. S. Pinafore"; Sullivan. Intermission March—"Brook's Chicago Marine Band"; Seitz; Overture—"The Comedy"; Keler Bela; Piccolo Duet—"The Two Little Bulfinches"; Kling, Earl Striegle and Thomas McGrath; Selection—"War Songs"; Beyer; Medley Waltz—"Old Timers"; Lake and "The Star Spangled Banner."

Holy Family.

Mrs. Anna Gradl Wenner, widow of Michael Wenner, died Saturday afternoon, Aug. 23, at her home, 338 Wilder street, aged 86 years. She is survived by one son, Michael Wenner; five daughters, Mrs. Christine Boch, Mrs. Mary Schuey, Mrs. Isabel Miller, Miss Kate Wenner and Sister M. Santina; one brother, Joseph Gradl; twenty-two grandchildren and eight great-grandchildren. The funeral took place Tuesday day morning at 7:30 o'clock from the house and at 8 o'clock at this church. Interment was made in the family lot at Holy Sepulcher cemetery.

St. Mary's Church.

Charles Warner aged 61 years, of 29 George street, died suddenly Sunday, Aug. 24th. He leaves his wife, Mary F.; one daughter, Marion R., and one son, J. Frederick Warner. The funeral took place Tuesday morning at 8:30 o'clock from his home and 9 o'clock from this church.

St. Andrew's Church

Our priests are attending the retreat this week at the Seminary. A requiem mass was read on Monday for Christine Hudon and one on Saturday for Rose Meyer.

The bans of matrimony were announced last Sunday between Rose Limpert and John R. Pata. The marriage will take place next Tuesday at 9 o'clock.

The Misses Grace and Almira Nestler of Bayone, N. J., are visiting the Foery's of Portland Avenue.

A meeting of the L. C. B. A., will take place next Friday evening when assessment 357 is to be paid.

School will reopen on Monday, September 8th. Parents should see that their children are properly enrolled.

The Rosary Society will hold their picnic next Wednesday at Sea Breeze.

The Most Important Studies

are the common branches so called, namely, arithmetic, English grammar, penmanship, spelling and expression, the latter meaning the ability to read and speak the English language effectively. The Rochester Business Institute has decided to establish a separate department which will be called the Academic Department, in which the above five subjects will be taught and only these. The plan is to confine the work of the student to a few most important subjects and then concentrate on these and develop the capacity to work vigorously and intensively and thus accomplish a good deal in a relatively short time. For further information, call us up on the phone. We shall be glad to give you full particulars. Rochester Business Institute, 172 Clinton Avenue South.—Adv.

Eliminate Body Poisons

Father Mollinger's Herb Tablets

Remove Toxic Poisons and Clarify the Blood

Joys of Good Health are produced by Venerable Healer's Nature Remedy.



Famous Priest-Physician Prescribed Herb Tablets for Many Thousand Patients Afflicted with Indigestion, Bowel, Liver and Kidney Complaints, Constipation, Impure Blood and General Internal Disorders. These Wonderful Tablets should be in every home. As a Bowel Regulator for the young and old they have no equal. They invigorate and prolong life.

125 Tablets—\$1.00
25 Tablets—trial size, 25 cts
Send Cash or Money Order to
Mollinger Medicine Co.

93 Mollinger Building
14 East Park Way (N. S.)
Pittsburgh, Pa.

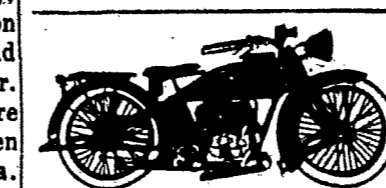
ACADEMY OF THE SACRED HEART

Prince Street, Rochester, N. Y.
Conducted by the Religious of the Sacred Heart.
Boarders: weekly boarders, day scholars. Full primary and academic courses leading to college entrance diplomas. One year finishing course for High School graduates. Approved by the University of the State of New York, Regents' examinations obligatory in primary classes, optional in academic.

Vulcanizing and Sundries
Barry Tire & Rubber Company
H. E. Stanton, Prop.
Republic Tires
Phone, Stone 1879 Main T829
1 Monroe Avenue

Motor Cars For All Occasions

National Taxi
Brokers
Stone--447--Main
91 Franklin Street
Common Sense Prices



TOWNER BROTHERS
Bicycles and Motorcycles
Repairing and Supplies
Agents for
Reading-Standard Motorcycles
Dayton and Miami Bicycles
940 Jay Street 179 Lyell Ave
Bell Phone Both Stores

The J. A. Doyle Detective Agency
Highest Police and Detective References; experienced operators; former member of Detective Bureau, Rochester Police Department.
1123-1125 Chamber of Commerce Bldg.
Both 'phones
Expert Commercial, Criminal and Investigators.

Willard
Threaded Rubber Insulation
Consulting Service.
Willard Storage Battery Co.
17 Scio Street

ESTABLISHED 1872
L. W. Maier's Sons
UNDERTAKERS
870 Clinton Avenue N.
Phone 649

THE BECKER
Shoe Repair Co.
Cor. North and Franklin Sts.
First Quality Work. Prompt Service

Robertson & Sons
Shoe Repairers, Inc.
BOTH PHONES
38 W. Water Street
EST. 184
Six New York Shops
TRADE MARK
We Don't Cobble Shoes We REPAIR Them

Both Phones
ORDER FRIEDLER'S
Pure Soft Drinks
Delivered to any part of City
80 Lowell St.
Agt. for Natural Deep-Rock Water

Sibley, Lindsay & Curr Co.
STORE HOURS 9 TO 6

Ten Words to the Wise
This is the last week of the August Fur Sale

Multi-Colored Scarfs at \$2.29
They will soon be wanted under fall and winter coats—these soft silken scarfs. They are in a dazzling array of colors—stripes, polka dots and floral effects. All of generous size. The crepe de chine of which they are made would cost almost as much as we ask for the finished scarfs. The special price is \$2.29. Aisle J

More of Those Billie Burke Dresses at \$2.49

When it comes to comfort and good looks in a house dress you can't beat a Billie Burke. Its wide loose belt allows perfect freedom at the waist line and it is always trim and neat. Just received another lot of Billie Burkes—this time of cotton poplin in the loveliest shades of pink, rose and blue. They are box plaited front and back and piped with white. There are two big pockets—so handy to drop clothes pins into. The price is only \$2.49. It will be to your advantage to come early. Opposite Corset Dept., Second Floor

SIBLEY, LINDSAY & CURR CO.



SPECIAL 10-DAY SALE
30 x 3 1-2 Non-Skid
RACINE HORSESHOE TIRES
GUARANTEED 5,000 MILES
\$14.50
Columbia Tire Co., Inc.
189 East Avenue
Bell Chase 366 Home 4447
Mail Orders Given Prompt Attention

John H. McAnarney
General Insurance Fidelity Bonds
101-102 Ellwanger & Barry Bldg.
Roch. Phone 2172 Bell Phone 2172
Send us your Job Printing