

# VAST STORE OF FOOD VALUE IN



## FATHER JOHN'S MEDICINE

Scientific Tests Prove That It Is  
6 Times More Nourishing Than Milk  
7 1-2 " " " " " Oysters  
2 1-2 " " " " " Steak  
5 " " " " " Cod Fish

That Father John's Medicine contains a vast store of food value and strength-building, energy-producing elements is established by recent scientific tests. This rich nourishment is in a form which is more easily taken up by the system than the common foods we eat and has many times greater food value.

Father John's Medicine is six times more nourishing than pure milk; it contains two and one-half times as much nourishment as an equal quantity of beef steak. Father John's Medicine is seven and one-half times more nourishing than an equal quantity of oysters and five times more nourishing than codfish.

These scientific tests made by expert chemists prove beyond question the very great food value of this old-fashioned, pure, wholesome medicine for colds, coughs and body-building. 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.

In our daily lives we burn up a certain amount of energy or tissue and we must have a nourishing food-tissue builder to make good this daily wear and tear on the system. While the food we eat is changed into this tissue or energy if the digestive system is in healthy condition; when we become weakened, overworked or run-down we do not get the required amount of nourishment from our food, and it is at such a time that the wonderful strength-building tissue-forming elements of Father John's Medicine prove their greatest value.

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.

STONE 720

MAIN 720

## F. H. Phelps Lumber Co., Inc.

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## Styles May Come and Styles May Go



but the Colonial style in dining-room furniture apparently goes on forever. You may buy a Colonial dining suite of standard design in either oak or mahogany with the assurance that it will be as good style fifteen years hence as it is today.

For many small dining rooms where one wishes to use mahogany furniture, the Sheraton and Adam styles cannot be improved upon to give a light and graceful effect without causing the room to appear overcrowded. We show Sheraton and Adam suites of this character in genuine mahogany as low as \$150.00 and \$175.00 for the complete suite.

Our showing of dining-room furniture embraces suites in Colonial, Mission, Sheraton, Adam, William and Mary, Queen Anne, Heppelwhite and Charles II design.

Visit Our  
Furnished  
Rooms

**H.B. GRAVES CO.**  
78 STATE ST., ROCHESTER, N.Y.

Your  
Inspection  
Invited

## HOW MANY ARE TRULY HAPPY?

Eminent New York Physician Places  
the Number at About One  
in Hundred.

The other night we chanced to ask an eminent physician of New York city his opinion as to the number of people who were truly happy. His rather dogmatic reply was:

"About one in a hundred."

And this was not the opinion of a pessimist, but of a most radical optimist.

We wonder if this opinion is shared by others. It does not mean, of course, that ninety-nine people out of a hundred are deeply unhappy. That would be absurd. But there is no doubt that a great many people are quite unhappy a good deal of the time, perhaps not half the time, but enough rather to cloud their lives.

We should like to know the opinion of physicians generally. More and more people go to the doctors to tell them their troubles. The physician of today takes the place of the confessional of yesterday.

Then, too, there is the new application of psychology to the field of medicine—the so-called psycho-analysis which is so rapidly taking its place as an important part, literally, of the medical pharmacopoeia. This new science has given a wonderful insight into our sub-conscious selves and reveals how far that sub-conscious self really dominates our lives and determines the amount of happiness which we really get out of this confused welter of existence.

## The Right of Way

Printing is the Salesman  
Who Has the Right of Way

Your sales letter in the United States has the right of way straight to your customer's door.

Strengthen your appeal by using a larger or known quantity—Hammermill brand—and good printing which will present your customer's situation, and all your goods.

Think the kind of printing we do and we will be glad to show you.

## Bat's Method of Climbing

Certain bats appear to have found their hook-like thumbs and hind feet insufficient for suspension, and have made use of the suction principle for this purpose. This mode of suspension has been developed independently in two distinct bats, one a native of Brazil and the other of Madagascar. In the Brazilian species the suckers take the form of stalked discs attached to the palms of the thumbs and the soles of the feet. The suckers of the Madagascar species are horseshoe like. By means of the suckers these bats are able to ascend vertical surfaces. Very curious it is to note the similarity between the suckers of these bats and those on the arms of the cuttlefishes.

## Reader's Scrapbook

Novelists as well as journalists know the value of the newspaper cutting, but few, perhaps, "collect" so assiduously as did Charles Reade. Several hours each morning were devoted by Reade to cutting out interesting items—police reports and statistics of all kinds—which he pasted into huge scrap books and carefully indexed. To these scrap books he turned for the illustrative materials, and sometimes the inspiration of his stories, and it was due to such methods that he could write perhaps the best description of an Australian sunrise ever penned, though he had never set foot in the southern continent.

## Little Thing Made Big Trouble

The story goes that a band of Indians once refused to become Christians because the missionary who had nearly converted them could not explain to them the reason he had two apparently useless buttons on the back of his coat. To the Indians it was obvious that there was some symbolism connected with this bit of ornamentation and it doubtless seemed to them that unless the missionary were learned enough to explain this he was a false teacher.

## Care of House Plants

Window plants collect dust easily and so should be carefully dusted, if necessary, before watering, so that they will get the benefit of the water and look really green and healthy. A palm, begonia or any woody plant may be dusted with a very soft bristle brush. The roots of plants must be thoroughly soaked. All plants do better if repotted once a year so as to allow any necessary root expansion. Ferns must often be divided to prevent crowding.

## DIDN'T FAZE HIS BROTHER

Of Course He Was Not Going to Admit That the Little Fellow Was Afraid.

An Indianapolis matron was giving a birthday party for her little daughter and had among the guests the two sons of the family minister. They enjoyed the party and made many quaint remarks.

But at the supper table they did the best. Suddenly the fuse burned out and the dining room was in darkness. The hostess urged the children to sit still until she could get some candles. "But you may eat what is on your plates if you wish to while I am hunting them," she told them.

The youngest son of the parsonage began to weep aloud. He was really afraid, but his older brother offered another explanation. "He doesn't know what to do, Mrs. —," he said. "You see we're used to light meals at our house."—Indianapolis News.

## WILL NOT USE GERMAN DYES

Real Reason Why the Red Trousers of the French Infantryman Have Been Discarded.

The red trousers of the French army are to be no more. There is a political and economical tragedy about it with which very few people are familiar. The originator of the red trousers was Napoleon, who was prompted in his "reform" by a desire to help the native cultivation of madder root against the Dutch and British rivals.

But then came the Graebe-Liebermann discovery of the alizarine dyes, and in less than ten years, between 1870 and 1878, the production of madder root in France shrank from 25,000 to 500 tons, and then it disappeared. This was a great German victory. Nevertheless, the army trousers continued to be dyed red, only this time the dyes had to be imported from Germany. It evidently required a great war to put an end to this humiliation.

## The Easy Way Out

W. C. Bullitt, an expert on foreign affairs, was talking about the bolsheviks.

"The bolshevik leaders," he said, "are in a bad way. They will probably abandon the bolshevik game shortly, but first they will smash up everything."

"It will be like the case of the two boys who were sent out to buy a pitcher of milk," Mr. Bullitt continued. "The boys helped themselves to the milk freely on the way home; they at the last minute their courage failed them."

"Gosh," said the first boy, "we've drunk too much of it! What shall we do, Joe?"

"That's easy," said Joe. "We'll drop the pitcher."

## Airship Construction Complex

Some interesting facts regarding the work required in building a large modern airship is given in a recent issue of the Engineer, which states that the general problems of design are closely allied to those of naval architecture; although the airship designer must be a highly skilled mechanical engineer and also must have a knowledge of textile technology. For the work of construction, owing to the multiplicity of parts required, a very efficient shop organization is necessary. In a rigid airship structure, excluding the machinery, there are 20,000 different parts, a total length of structural material of 20 miles of wire, and more than 2,000,000 rivets.

## Not Real Fur

In the display window of an Indianapolis department store a few days ago, were two fur coats, one marked \$475 and the other \$395. Two young girls passed the display, and quite naturally, cast admiring glances at the coats.

"Three dollars and ninety-five cents for that coat," said one. "Well, it looks like a pretty good coat for that money, but you know it's not genuine fur."

The girls did not go into the store to investigate.

## Completely Furnished

"What the deuce did the fellow mean?"

"How's that, my lord?"

"He said my top floor was unfurnished."

"Don't be offended. That is just some American slang. By 'top floor' he meant your head."

"By jove, Cawn't the stupid chap see that I'm wearing my hat and my monocle?"—Birmingham Age-Herald.

## Kangaroo More Likely

Mother—And are you learning anything in your lessons in natural history in school, Ethel?

Ethel—I think I am, mamma.

"What have you learned?"

"Well, it's taught me to think that it wasn't a cow that jumped over the moon, at all; that it was a kangaroo."—Yonkers Statesman.

## Subject Exhausted

"Well, why don't you say something?" asked the angry woman after her long harangue.

"My dear," replied her husband, meekly, "nothing remains to be said."—Boston Transcript.

## Something to Boast Of

"I'm not bragging or anything."

"Yes, yes, go on."

"But, I do want to say that I have been a landlord for 17 years and in all that time I haven't had a single complaint filed against me by a tenant."

## CATHOLIC ACTORS' GUILD

Launch Project to Give Religious Plays—a Demand for such Productions

A project to present a regular series of Catholic plays, of interest through their religious character to millions of Americans, was launched at the Thanksgiving luncheon of the Catholic Actors' Guild at the Hotel Astor, New York, on last week Monday.

The idea was promulgated by the founder of the body, the Rev. John Talbot Smith, in addressing the 200 members present. There was a demand for such productions, Father Smith declared, 20,000,000 persons in this country. The presentation of such plays, he said, would do away with the present condition of frivolity in the theater, which presents the spectacle of "clever men acting to audiences of idiots." With regard to the character of the present day profession Father Smith added that nowhere had such respect been shown to him as behind the footlights.

Addresses also were made by Ethel Barrymore, who received a large bouquet of flowers from the guild; the Very Rev. Monsignor J. J. Dunn, Chancellor of the diocese; Wilton Lackaye, Augustus Thomas, the Rev. Francis P. Duffy and Alfred Henderson. Brandon Tynan presided.

## OBSERVATIONS

Sunshine is a great germ-killer.

He who becomes vicious is lost.

Jazz entirely forgets your dignity.

A practical joke is one that is salable.

Diseases are the tax on ill pleasures.

Different people take different news.

Money is not the real gauge of wealth.

Talk isn't always cheap when money talks.

A good dinner will make some men act almost human.

"Radical." The fellow who does not agree with us.

Some puns are almost as pointless as women's pencils.

He who has no friends doesn't have to lend them money.

Being egged off is, sometimes retribution for egging on.

Married men are nearly all great inventors—of excuses.

Nine times out of ten when a man buys a horse he is sold.

Faith and ingenuity often take the place of the hired man.

Now obsolete: "Begin the day but pencils are better lead."

Make fine thoughts your companions if you want to live nobly.

Good advice may be none the worse because it is secondhand.

When a bank note talks it might be termed a paying teller.

A good many moving spectacles are due to heartless landlords.

Is it news that a dress suit is sometimes the livery of a crook?

No one who does not enjoy work can truly enjoy anything else.

A chronic kicker is a nuisance, but an occasional kick helps some.

The more a man knows about love the less experience he has had.

Every time a man takes a tumble he falls against his inclination.

A woman's pronunciation of depot depends upon her station in life.

"Shallow men believe in luck; strong men believe in cause and effect."

A man who courts and runs away may be hailed to court some day.

Many a good man blacks shoes and many a bad one blacks character.

If the victims remain single there is no objection to love at first sight.

It takes two to make a quarrel, but it only takes one to say "I'm sorry."

No, there is no insurance against the flames kindled by a woman's eyes.

# ARMY GOODS

And Sundry Supplies

## SALE

NOTE: The merchandise on sale consists mainly of goods which were ordered by the government and cancelled. They were bought at tremendous losses to the manufacturer.

- |                                 |  |
|---------------------------------|--|
| <b>BLANKETS</b>                 | <b>SLICKERS</b>                                |
| <b>RUBBER BOOTS</b>             | Wool Mackinaws                                 |
| <b>TRENCH SHOES</b>             | Cravenette Coats                               |
| <b>MARCHING SHOES</b>           | Short and Long Mole Skin Coats                 |
| <b>Slip-On Sweaters</b>         | Three-fourth and Full Length Leatherette Coats |
| <b>GLOVES</b>                   | Sheep Skin Lined Coats                         |
| <b>New Army Underwear</b>       | Officers' Raincoats of All Kinds               |
| <b>Renovated Army Underwear</b> |  |
| <b>Heavy Wool Socks</b>         |  |
| <b>Light Wool Socks</b>         |  |
| <b>JERKINS</b>                  |  |
| <b>Sheep Skin Vests</b>         |  |

135 Mole-skin Sheep-lined Coats with high sheep collar	\$15.50
85 Mole-skin Dress Coats	\$23.50
65 Dozen all-wool new army Underwear; per garment	\$1.45

All our stock is new, with the exception of one kind of renovated army underwear.

Store Hours: 9 A. M. to 7:00 P. M.

**74 MAIN STREET WEST**

OPPOSITE HOTEL ROCHESTER

## WHAT CAN BE HAD

### AT OUR LAMP AND SUNDRY SALES COUNTER

For the convenience of the busy shopper we append a list of articles that may be obtained at our Sales Counter, which is located on the main floor of our building, a little to the right of the Main Entrance.

- |                             |                               |
|-----------------------------|-------------------------------|
| Electric Fuses              | Welsbach Mantles              |
| Electric Irons              | Welsbach C. E. Z. Lamps       |
| Electric House Numbers      | Welsbach No. 220 Reflex Lamps |
| Electric Toasters           | Silk Covered Tubing           |
| Electric Percolators        | Metallic Tubing               |
| Electric Disc Stoves        | Round File Lighters           |
| Electric Curling Irons      | Hose Cooks                    |
| Electric Heating Pads       | Oyster Burners                |
| Incandescent Electric Lamps | Welsbach Burners              |

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