

SCHOOL DAYS



The good Samaritan

Just Folks

By EDGAR A. GUEST

THE OLD WOODEN TUB.
I like to get to thinking of the old days that are gone. When there were joys that never more the world will look upon. The days before inventors smoothed the little cares away. And made what seemed but luxuries then, the joys of every day; When bathrooms were exceptions, and we got our weekly scrub by standing in the middle of a little wooden tub.

We had no rapid heaters, and no blazing gas to burn. We "boiled" the water on the stove, and each one took his turn. Sometimes to save expenses we would use one tub for two. The water brother Billy used, for me would also do.

Although an extra kettle I was granted, I admit, On winter nights to freshen and to warm it up a bit.

We carried water up the stairs in buckets and in pails, And sometimes splashed it on our legs and rent the air with wails.

But if the nights were very cold, by closing every door. We were obliged to take our bath upon the kitchen floor.

Beside the cherry stove we stood and gave ourselves a rub. In contrast most luxurious in that old wooden tub.

But modern homes no more go through that joyous weekly fun, And through the sitting rooms at night no half-dried children run; No little flying fungus go past, too swift to see their charms.

With shirts and underwear and things tucked underneath their arms; The home's so full of luxury now, it's almost like a club. I sometimes wish we could go back to that old wooden tub.

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Beauty Chats

By EDNA KENT FORBES

HIGH-ARCHED FEET

DURING the course of the past summer dozens of girls wrote to me on the advisability of spending the time barefoot at summer or seashore resorts, where there was enough seclusion to permit this freedom of dressing. Most wanted to know whether or not it would improve their feet, "Barefoot Lassie" being especially anxious as her feet were white and pink tinted, smooth and shapely.

Undoubtedly, so long as none of these girls ran nails into their feet, the weeks spent running about so would improve their feet. But it would not improve their feet, for no matter how healthy our savage ancestors were, in their "Close to Nature" life, no one could accuse them of possessing really beautiful feet.

The mere fact of going barefoot would not break down the arch of the foot and make it flat, as some of



Wear Well Fitted Shoes—Poor Makes Will Break the Arch of the Foot.

How to Live

Common Sense Comments on Health, Happiness and Longevity
By GEORGE F. BUTLER, A. M., M. D.

HEALTH INSURANCE

All prudent people insure their lives, but how very few who believe in life insurance are governed by similar principles in the management of their health? A man who takes out a policy in a life insurance company is subjected to certain conditions and requirements. Can he expect less in insuring his health? The first requisite is to value health above all things—to seek health and keep after it. The second is to learn the laws that govern life and health, and the third is to obey these laws. Knowledge and obedience are the premiums exacted, or forfeiture of the insurance. If you desire to insure good health, and you are in the habit of sitting up late at night, go to bed at a regular hour. This is an electric light civilization, and it is all wrong. If you have been in the habit of getting up late in the morning, try the novelty of rising early, and find out how easily the difficult problem of the night before is solved in the fresh, quiet hours. If you have eaten three heavy meals daily, reduce them, especially making breakfast and the evening meal simple, and be surprised with good digestion, sounder and sweeter sleep, and a more amiable disposition. If you have worked night and day, and worried simultaneously, stop and consider if "the game is worth the candle." Ask yourself if it will pay to spend your life and strength in gaining that which most easily takes to itself wings, while you are every day growing more and more nervous, irritable, and unhappy under an unnecessary burden. To insure your health you must reduce life to the simplest terms. Show the spirit of obedience to physical and mental laws. Cultivate the love of right action. Eat, drink and dress simply. Live out of doors as much as possible, always resting and sleeping in the open air whenever it is feasible. When you are inclined to worry, turn to brighter thoughts and endeavor to throw off care. Don't take your troubles to bed with you—but, as someone advised, hang them on the chair with your trousers or drop them in a glass of water with your teeth.

Keep up your physical strength. The strongest physically are less liable to nervous breakdown. To eat moderately at regular hours, to sleep sufficiently, to bathe daily, to get enough active exercise in the open air—if possible in a form which will add interest to the mere exertion—these should be the commandments of the physical law.

Don't give way to your emotions. Meet worries with common sense. Be decisive; self-poised, self-controlled. Make philosophy your friend, and this will lead you into that serenity which is the chief factor in health insurance.

Follow these little guide posts on the footpath to peace and health, and you will learn that to live will be a delight; to breathe, a pleasure; to think a luxury; to sleep, a rest. LEARN HOW TO LIVE.

HUMANITY'S FRIEND

Remarkable Career of the Late Father Mollinger. As Many As 10,000 Visited Him on a Single Day. How His Medical Knowledge Helped in His Missionary Work.

FATHER MOLLINGER spent his life relieving poor disease-stricken sufferers. He studied medicine in leading European Universities before he was ordained and came to Western Pennsylvania as a Missionary. Then, Doctors were few and far apart and he looked after the physical as well as the spiritual wants of his children. Newspapers throughout the world reported his amazing accomplishments. His fame was so widespread throughout the United States that from 500 to 1,000 sufferers visited him each day. On St. Anthony's Day as many as 10,000 have been in the kneeling crowd receiving his blessing. Father Mollinger's funeral was attended by thousands of Patients and friends representing every creed and every walk of life. Father Mollinger had several master prescriptions and he gave them to over 80,000 patients. Each medicine was for a different condition. In his original formulas he demanded purity and quality in all drugs because he understood that cheap-grade ingredients are inefficient. These original Father Mollinger prescriptions have grown in popularity since his death. The thousands of testimonials from happy users indicate that the legacy to the sick is helping today as the same medicines did during his lifetime.

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THE SANDMAN STORY

ROBIN'S REVENGE

ROBIN REDBREAST was not a bad fellow and never thought of being revengeful until one day when Jimmy Crow treated him badly. Robin had found a nice tree of cherries near a cornfield and was planning for a feast when along came Jimmy Crow. "Get right out of my tree!" he cawed. "This is where I sit and watch out for the farmer with his gun. What right have you to come here, I should like to know, bolting about and attracting the farmer's attention? Get out. I tell you! I want this tree to hide in."

As Jimmy spread his wings and looked very angry as well as cawed, and every minute it seemed to Robin he might get pecked with Jimmy's sharp bill, he obeyed and flew away.

but from that day Robin watched for a chance to pay Jimmy back for his unkindness.

It was so long before he got a chance that Jimmy had forgotten all about it, and one day when having stayed too long in the cornfield Jimmy had a lame wing and was sitting sor-

rowfully on the limb of a tree along came Robin.

"What is the matter with you?" he asked.

"I have met with an accident," replied Jimmy; "my wing is so lame I cannot use it and I dare not leave this tree for fear I cannot fly back. I am very hungry and I am afraid I may starve, for there is nothing to eat in this tree."

First, Robin thought of how he had been treated by Jimmy and was about to tell him it served him right for driving him away from the cherry tree and then another thought popped into his little head and he decided to try it.

Away he flew to the very tree Jimmy had driven him from and, picking the biggest cherry he could find, away he flew and gave it to Jimmy.

Again and again he made the trip back and forth until Jimmy Crow had to say he could eat no more.

"Those cherries are the very best I ever ate," he said.

"Yes, they grew on the tree you had near the cornfield and drove me out of," replied Robin.

Jimmy Crow hung his head, for he remembered then how unkind he had been to Robin and here it was Robin who had fed him when he was hungry and friendless. He was very much ashamed.

Robin watched him with his bright eyes and he felt sure this revenge was far better than treating Jimmy badly, as he first had thought of doing.

"I guess I was pretty cross to you," said Jimmy; "I am sorry and when I get well I will keep my eye open always as I fly around the country for the biggest cherries and tell you where they grow."

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ORGANIZATION

By George Matthew Adams.
The greatest Law of Success is Organization. Nothing so marvelously emphasizes the infinite Mind of the Creator of this World, as His wondrous Solar System. Its Organization is perfect. Organization means Results—real Triumphs. Before any Man or Business is able to get Results, there must be Organization. The greater your Organization is, the greater will your Success be.

Every healthy human being is fitted out in the first place with every Factor and Faculty for a powerful Organization. There is your Brain with scores of Elements ready to act in the Organization. There is every member and organ of your Body ready—Waiting and Willing to Win—not all these things into a sound, workable Organization, For—

The greater your Organization is, the greater will your Success be.

If you feel yourself in the position of many a Failure—take Heart. Organize yourself! Write down upon a piece of paper every useful Quality you believe yourself gifted with. Plan out how your different Abilities may help each other. Then write down the names of every possible avenue of Endeavor where your Abilities seem most adapted. Give every one of them something to DO. Set them to work. Realize what Organization can do. Realize that—

The greater YOUR Organization is, the greater will YOUR Success be.

TRULY NOTHING IS CERTAIN

Small Girl Had Future All Laid Out, but Recognized One Direful Possibility.

Inez Haines Gilmore, the author of many successful children's books, being complimented at a Greenwich tea on her work, replied:

"To write books that please children one must study child psychology—a fascinating subject, by the way, full of amusing revelations. For example, take my friend's little daughter who said one day:

"When I grow up, mamma, I'm going to get married and have three children."

"The mother, surprised and amused, remarked:

"Well, you will be very fortunate, indeed."

"Then the little girl lapsed into thought a moment and finally said:

"But you can never tell, mamma. I might marry a bachelor."

Real Mother.

"What was my most thrilling experience?" mused the ex-pilot. "Ah! I could never forget it. It was a bright, starlight night, but the lurid flashes around us obscured all else as we sped through the air. The advancing enemy was hard upon us, while all around we heard the weird, savage music so terribly familiar, and the thud as of a thousand falling meteors. We dived, looped, corkscrewed till our senses were numbed. I felt a sharp pain in my right foot, a dull weight in my side—I was falling, falling—and knew no more till I found myself lying on the ground badly smashed some hours later."

"And that was really your record aerial engagement?"

"No," he replied, "it was my first experiment with the Jazz."

Mothers' Cook Book

Follow the true course of your life, but keep your eyes open for all beautiful sights, and the ears responsive to all harmonious sound, as you go steadily forward.

A Day's Meals.
When it is not possible to have fresh fruit for the morning meal, or when a variety is liked, a dish of well stewed prunes with very little sugar is a most wholesome fruit. They can always be kept on hand at any season, and are a storehouse of medicinal as well as food value. In buying prunes it is never economy to take the small ones as they are usually unfit. Examine the stones or pits and buy the kind that has the least waste; you will pay a higher price, but they are worth it. Wash them well in warm water and then soak them over night. Simmer until tender in the same water in which they were soaked. They will require little sugar, for which, these days "we are very thankful."

Whole wheat rye from the granary is especially good for growing children. When well cooked, and served with top milk it is the ideal breakfast food for the whole family. It will need to be soaked over night then cooked all day at a low temperature to soften the grain.

When a small supper dish, something hot is desired, try

Escalloped Celery.
Cook the outer stalks cut in small pieces until tender, drain and add to a rich white sauce. Bake until thoroughly heated and serve from the baking dish. Another which is very good is

Cheese and Crumbs.
Take two cupfuls of soft bread crumbs, a cupful or less of grated cheese, one and one-half cupfuls of milk, one egg and salt and pepper to taste. Soak the bread five minutes in the milk, add the other ingredients and bake.

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