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How to Live

Common Sense Comments on Health, Happiness and Longevity

By **GEORGE F. BUTLER**, A. M., M. D.

WORK.

"Employment is nature's physician. Health is maintained by occupation. When one quits work he loses the pep that comes to him from doing something and being of some use; of responding to demands and maintaining a routine, and his muscles get soft, his internal organs go on strike, his appetite falls and he loses sleep. Work is necessary to growth, because through it one acquires strength of mind and body. Both brain and muscle grow strong by exercise, by assuming responsibilities, by bearing burdens and doing things. Work of some sort is as necessary to health as eating and drinking.

Idleness and inaction breed nervous prostration, fear, worry, gossip, crime, constipation, and a host of evils. We make friends through work, we find in it beauty, humor, pathos—all that goes to make up a full, normal life. Congenial work is as necessary to health of mind as it is for the health of the body; it is the symbol and avenue for almost all that is worth while in human life. The happiest hours of your life should be when you are working, and you can learn to like any work you may be doing. But whatever your job is, you should dignify and vitalize it by putting your ideal into it, giving your life, your energy, your enthusiasm, all to the highest work of which you are capable. Your heart must inspire what your hands execute. Your work sometimes may be hard and thankless, but like tough metal it serves to suit the needs of a strong man and is better suited to that purpose than sipping soft drinks at a summer resort.

Cut out your "grouch" if you have one. Quit feeling sorry for yourself and feel sorry for others. When you pity yourself because you think you have a hard job your soul shrivels up, but when you pity others your soul expands and grows. When you are troubled with grouchy and self-pity just remember that you are in a universal guild of toil, and the universal forces are infinitely adaptable to the poor jobs as well as to the good ones, and that someone must do the work—why not you? Any labor will be irksome if done in a discontented, unhappy spirit.

"Who sweeps a room as if His sight makes that and the action fine."

To work, and to honor one's task by associating it with the whole; to cut out envy, jealousy and complaint, and replace them with nobler traits would prevent much sickness and go a long way toward solving the labor problem.

Anyone can be healthy, happy and successful who holds the right mental attitude and who works with enthusiasm, determination and a light heart. When you work, cultivate calmness, poise, sweetness, doing your best, bearing all things bravely, living your life undisturbed by the prosperity of your boss, or the malice and envy of the man out of a job.

Health and happiness are free if you but reach for them—occupation and the right state of mind are pretty sure to fetch them. The more useful work you do, and the more you think and feel, the more you really live. Then after your work is over for the day, give yourself an hour or so for self-examination, for thought, for body and brain rest, for amusement, and you will have a good conscience, a good appetite, and peaceful slumber. LEARN HOW TO LIVE.

ENJOYED THAT ROAST PORK

Dignified Indian Rajah Very Like Boy in Appreciation of Forbidden Meal.

"I was sitting at the banquet table of a Masonic lodge in India," says an American, "with men of a round dozen nationalities at my side. There were Irish, Jews, Mohammedans, Brahmins, Parsis, Afghans, Burmese, Scotch, Americans, English, Welsh and Germans.

"At my side sat a young Mohammedan rajah from a state not far from the border of the central provinces. He was a manly young fellow and he talked well. He told me of his education in England and the men he had met there, and we talked of British home life, schooling, cookery, society and country life. One at a time the different courses were served to us by our own servants, whom we had brought with us, according to the custom of the East.

"My Christian servant had brought the soup and had gone for the meat course. The rajah was a bit slow with his first course, and his servant was impatiently waiting for his dish. My servant thought it would be a fine thing to tell the other servants when he got home 'that he had waited on a rajah,' so he determined to bring in two meat helpings, one for me and the other for the rajah.

"But my man was not familiar with the Mohammedan rules of diet; so he had two plates plentifully filled with savory roast pork. When that pork was offered to the Mohammedan rajah he got the delicious smell of it, looked wildly about, saw that his servant was gone, seized his fork and knife, dropped conversation with me and began to eat with feverish rapidity.

"I looked on in surprise as the pork rapidly vanished down the royal throat. The last morsel was on his fork when he came his servant with a plate of vegetables and mutton for his orthodox master. He saw the rajah at work on the forbidden flesh, gaped a moment in horror and then tried to seize the master's arm. Look, sir, that is pig!" he whispered.

"The rajah caught him in the stomach with his elbow, muttering, 'Get out and keep still,' and then swallowed the last bite. Then he turned and winked a wicked wink at me."

Myopia Among Monkeys.

"Apes are frequently shortsighted and require spectacles as much as human beings do."

This is the opinion of Professor Behr of Kiel. The professor placed 25 monkeys in a darkened room and after a careful eye inspection found that 18 of the animals suffered from myopia (shortsight) in a high degree. The behavior of these monkeys was entirely similar to that of short-sighted human beings in a similar environment.

They approached objects lying on the ground with bowed head and bent back and finally they grasped the articles in their paws and held them close to the eyes, to obtain a better view.

A microscope examination of the eye pupils disclosed that among the monkeys the myopic condition was inherited.

Government Jobs.

Judge Gary, arguing at a dinner party against government ownership, said:

"People don't work for the government the same as they work for an individual employer."

"I know a man who has to call daily at a certain government office. He says the hours are from ten to four, and the way the employees loaf is scandalous."

"He says that one employee, every afternoon when the clock strikes three, puts down his newspaper, gets up out of his armchair, yawns and remarks: 'Fifty-nine minutes to four—only a question of minutes—I may as well light out.'"

"And out he lights."

Easily Satisfied.

"This automobile salesman impressed me as a smooth talker."

"But I needed an interpreter," said the potential purchaser.

"Why so?"

"He must have graduated from a technological school. I don't want to know the scientific name of every part of an automobile. I just want to know how well the various parts work-together and what the aggregation is going to cost me."—Birmingham Age-Herald.

His Eccentricity.

"Honest" goodness!" ejaculated Heloise of the rapid fire restaurant.

"Hughie is the queerest guy you ever seen. Actually, he thinks a fellow ought to have a wife along when he goes to a show or dines out in the evening, and all that."

"Whose—yaw-w-wa—wife?" asked Claudine of the same establishment.

"His own wife."

"Gee!"—Kansas City Star.

A Cheerful Round.

"Do you go to the Green?" a passenger boarding a trolley car in a New England city asked the conductor.

"Yes," said the conductor smilingly.

"I go to the Green twenty-five times a day, and to two cemeteries, three hospitals and an old ladies' home."

Looking Forward.

They have just become engaged.

"I shall love," she cooed, "to share all your griefs and troubles."

"But, darling," he purred, "I have none."

"No," she agreed; "but I mean when we are married."

Negro Supreme in Liberia, but Must Endure Conditions That Very Few Could Enjoy

The negro is supreme in Liberia. No one of another race can own land or vote in the republic. But after considering the irritations that those who live in Liberia must endure, as Emory Ross outlines them in the Geographical Review, few people would care to share the negro's privileges.

Besides the trying conditions of climate and disease, there is a host of pests, and little irritations constantly occur. Moths eat up clothing; cockroaches devour bookbindings and nest in the cookhouse; rats climb to impossible locations and leave nothing but the fragments of what they have eaten there; white ants consume the sills of houses and the rungs of chairs; driver ants sweep through the house and force every other living creature therein, from the lord and master down to the lurking lizard, to flee even in the dead of night or in the midst of rain; Jiggers bore under the skin of the foot and lay their eggs; fleas bite; the heat produces a rash against which the lightest clothing feels like needles; and, to crown all, comes double's itch.

These things and the proverbial one thousand and one others like them are real and irritating at any time, but through the blur of a "touch of sun" or the haze of a burning fever they assume proportions out of all reason. The odors, the mists, the sights, the sounds get on the nerves; the heavy, drooping, silent, impenetrable green forest everywhere shuts one in like a smothering grave; the mind grows sore, and the body follows. No one should stay on the west coast of Africa longer than 18 months at a time.

One-Half of Precipitation Evaporates, Two-Thirds Runs Off, One-Third is Absorbed

Water power, or white coal, as it is called on account of the white, tumbling foam at the foot of a waterfall, is full of romance. It is really amazing to think of a city miles away from the falls being lighted by their power; but few, perhaps, realize whence the falls receive their energy, or how it may be measured before it reaches the powerhouse. The only source of inland water supply is virtually the precipitation on the earth's surface, which comes in the form of rain or snow. Of the total precipitation practically 50 per cent is evaporated, 33 per cent runs off to the sea, and about 16 2/3 per cent is taken up by plant growth. Of these the run-off is all that is available, and a part of this must be used for domestic and municipal supply, a part for artificial irrigation, a part for manufactures, while the balance only is available for water-power development, and is useful for that purpose in sufficient fall is found in a reasonable distance. In the United States the annual precipitation varies from 150 inches in the mountainous regions to 10 inches at low altitudes. In the valleys of Idaho, for instance, it is 20 inches, and on the mountains of the eastern range it reaches 40 to 60 inches.

Oldest Conductor in World Runs Southern Indiana Train

If Doctor Osler were to visit Orleans, Ind., with a side trip on the Monon railroad, he probably would receive a shock—not so much from the rumble of the train but at John Bills, age eighty-nine, alert and active, its conductor. Bills makes the round trip three times each day between Orleans and French Lick, a distance of 18 miles. He has been in the Monon service approximately forty years, having been a railroad man prior to that time in the West during the pioneer days. Bills is married, and his wife, having made their home there for many years. He not only performs the usual duties of passenger conductor but at times when it becomes necessary to turn the accommodation into a mixed train, Bills helps out as a brakeman. As the slow-moving engine picks its way through southern Indiana hills John Bills frequently may be seen sealing a box car and riding atop his train. He is the oldest active railroad conductor in the world.

WORTH REMEMBERING

Friendship rings truest in adversity. Poverty need never fear that sunshine will be rationed. Many a hero owes all to the thought that he gave to his comrade. An unjust sentence is never known in the court of conscience. The wrong we do to one another is sure to return with its sting. If the sum total of health could only be calculated, there would be very few who could truthfully say that they are poor today!

Four Eclipses During Year.

Here is a little meteorological information for 1920 that may be of interest. It indicates four eclipses will be seen during the year. Two will be of the sun and two of the moon. The first will be a total eclipse of the moon on May 2; the next eclipse will be a partial eclipse of the sun, May 17; the next a total eclipse of the moon, October 27, and the last a partial eclipse of the sun on November 10. The information is from the government weather bureau.



HAPPENED ON A BUREAU.

The little lady who lives in a frame on the wall told the story, so it must be so; because she said she saw it with her two pretty eyes.

It happened one night after the dance on the bureau, when the little lady who tossed the fan there was fast asleep.

The Frame Lady says that when the moonlight streamed in through the window she was so surprised she nearly fell out of her frame to see the little painted lady on the blue satin fan step out of her place and go to the mirror and look in.

"I am pretty," she said, "and my feet are small. I am sure I can dance, and I am tired of going to parties and balls and seeing everybody dance, while I have to look on."

Then she picked up her dainty lace skirt and bowed low and began dancing about the bureau top.

The hatpins began turning their little heads, and when the Fan Lady came up to them they all hopped out and followed her.

She stopped in front of the pin-cushion and began to laugh. "Oh! you fat, plump thing! You cannot dance; you are much too clumsy," she said, jangling away.

But the pin-cushion did not like being called fat, and to show it was not dumy it began to bob about and off it rolled on the floor.

The tall bottle... and the Fan Lady... until one bumped... awkward thing... she said... And over... the, spilling its... "Now, see what you... said the little lady... foot wet."

By this time the... jumped out of its... to dance. The mirror... topheavy and could... down; and on this... stepped to keep out of the way.

It was just then that the... ver Boy, holding a yam on his... der, turned around to follow the lady.

She had smiled at him all the... in a most bewitching manner, but... once did she give him a... speak to her.

"Pray let me help you back... place on the fan," said the Silver... "and that you may not... shoes I'll lay my coat over the place."

Then taking off his coat, the... Boy held out his hand and helped... little lady to her place on the... satin fan.

"And I heard him say," said... Frame Lady, "that the... could not have been... than she was."

"And then the Fan Lady... The Queen of old could not... a more gallant subject than... ver Boy!"

No one knew what they... now every night when the... fan is left on the bureau;... lady steps out of her place... Silver Boy takes her hand... her where no one can hear... say."

"Of course, the place is... now as it was that... the Frame Lady said, "And... thought her mistress... about, but I knew it was... of the Fan Lady." (Copyright.)

SCHOOL DAYS



You just think that there... you die! Is it any... I get ready, and I... What's after I get... I get ready, why... act like you would... (Copyright.)

Envelopes to Match

Use envelopes to match the color of your stationery. We can supply you with fine letterhead printed on Hammermill Bond and... envelopes to match in any of the... colors or white. Remember we are letterhead... will find the quality of our... paper we give you very high... very low.

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