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LUNCH DINNER  
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We manufacture soft hats, clean, block, dye and repair Men's Hats of all kinds. We Make Old Hats Look Like New

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BELLS

**How to Live**

Common Sense Comments on Health, Happiness and Longevity

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

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**HABITS.**

Man is the result of his education and his education is only the sum of his habits, or those things which he has most habitually or repeatedly done. In a certain sense the old saying, "Line upon line; precept upon precept," is founded on correct principles. Repetition continued results in becoming a part of the man. This is true not only in an intellectual and moral sense, but is even more true in our physical nature. The sum of healthy exercise will make a healthy muscular system. The spasmodic, irregular and unwholesome exercises only can result in a lack of formation of muscular strength and muscular habits. What a man is tells the story of what his habits have been, and what his habits are determines what he is to be. This is true with all the voluntary functions of the body, and is indirectly true with the involuntary functions. The physical tendencies of childhood and youth are rarely ever changed throughout life; and even later, we are constantly falling into ways which follow us in all our future career. Not only are physical habits thus established, but the operation of the mind has the same tendency. We think a thought, and it is considered trifling, but it returns, and sometimes suggests itself a third time to us. In this way the same thought recurs over and over in the nerve centers, and without our willing it we find it present in the passive portions of the mental system until it finally becomes a habit of the mind. We are ever making ourselves over by our thoughts and deeds. We can make every action of our life, every thought of our mind effectual if we will. We must devote a good deal of thought to the ought-to-be, the shall-be, and remember, that as we think, as we work, so shall be the result.

Many of the ideas that we have inherited help to narrow and cramp the inner life. We must change our habits of thought. The proper adjustment to our life and environment and the daily effort to gain one's poise and self-control, is effective in proportion to the clearness and strength of our thought and the confidence we put into it. Even happiness itself may become habitual. One may acquire the habit of looking upon the sunny side of things, and he may also acquire the habit of looking upon the gloomy side. Thought habit is character. You are now, in mind, body and estate, just what previous thinking has made you. Habit is a force to be harnessed. Every repetition of an ideal makes its impression deeper. There is more and more of its quality lodged in the subconscious mind. There it lives. Through reiteration the higher and purer thought develops and strengthens its corresponding brain cells. Its physical functioning ground thereby becomes more responsive, fertile and easier to use. Through reciprocity there is a mutual stimulation. Like capital, habit earns interest.

Many of the noblest qualities of life never can have a richer opportunity for cultivation than during illness. Patience, endurance, cheerfulness, forgetfulness of self, and thoughtfulness of others, when exercised and cultivated, will yield good returns, "like a medicine." People who are predisposed to nervous disorders should get into the habit of living simply. They should mold their lives according to some philosophy or religion. They should develop a fixed routine to free them from the jars and strains of constant change. As an enslaver of body and brain, the habit way is most disadvantageous to us. If we become addicted to bad habits, our health becomes impaired and we age early. We must overcome bad habits, we must get out of unwholesome ruts. All evil habits may be destroyed by the man who really desires to master them. We must keep the right idea before the mind—either that of overcoming the habit, or that of the consequence of yielding. It's up to us! LEARN HOW TO LIVE.

Insist on being well; go to bed with that idea and get up with it; carry it about with you as you carry your own face and hands about with you—and somehow you are apt to find that it is up to you even as you will!

Exaggeration of the instinct of fear and apprehension not only makes people ill, but is illness itself. The thousand and one needless worries over the future are simply providence for the morrow gone mad.

Crying over troubles will not mend them, but to bear them with dignity and courage will do much to turn them into blessings. Make the best and not the worst of things.

Let us give play, recreation, and the other popular arts their proper place beside the fine arts, and avoid the common error which degrades play to a medical instrument.

To reconcile health with perpetual work, however ingeniously varied, demands, not a human constitution, not even that of a Hercules, but one of oak or iron!

**Mother's Cook Book**

How sweet and gracious, even in common speech, is that fine sense which men call Courtesy!

Wholesome as air and genial as the light, Welcome in every clime as breath of flowers— It transmutes aliens into trusting friends, And gives its owner passport round the globe.

—James T. Fields.

**What to Do With Leftovers.**

One of the ways of disposing of leftovers is not to have any; but even in the best-managed households there is bound to be some foods left over. We do not wish to be niggardly, nor yet so profuse in our providing that there is any great amount of food left over. A small dish of corn which has been served as a vegetable may appear again in the form of a few fritters as a garnish for a dish of chicken which was just enough to go around. The corn is saved and the chicken is thus sufficient.

**Fish Balls Baked.**

Take one cupful of cooked rice and one cupful of flaked cooked fish, one egg well beaten, a tablespoonful of strong cheese, a teaspoonful of lemon juice, and salt and pepper to taste. Form into balls, place in a buttered pan and bake a delicate brown. Serve with slices of buttered toast.

**Salmon Salad.**

Any bits of left over salmon, if mixed with coconut, adding a few string beans or chopped pickle and a few good dressing, make an appetizing salad. Use lettuce as a border or garnish to the platter of salad.

**Sour Cream Filling.**

For a layer cake, take thick sour cream—not too sour—whip and add chopped raisins and a few coarsely minced nuts, a little powdered sugar; mix all together, add a few drops of any flavoring extract and spread over the cake. Sour cream cooked with equal parts of brown sugar until thick, to which is added a few nuts, makes a most delicious cake filling and frosting. Sour cream may be used in any salad dressing which calls for sweet cream, making a dressing equally good. Most boiled dressings, as well as mayonnaise, are improved by the addition of cream; sour cream whips as well as sweet and takes the place of sweet cream.

**Brown Betty.**

Place alternate layers of chopped juicy apples, with bread crumbs, in a buttered baking dish, having the crumbs at the bottom. Add cinnamon or nutmeg with a little brown sugar and bits of butter over each layer. Finish with crumbs and bake for an hour, covering the dish at first. Serve with a hard sauce.

**Nellie Maxwell**

(Copyright, 1928, Western Newspaper Union.)

**Bents**

By GEORGE MATTHEW ADAMS

**YOUR Bents are your Advisers.** Bents are just Tendencies. Everyone has them. They are born with you. Wise people are those who listen to their Advisers—who consider their Bents. Each one of your Bents should be carefully considered in silent Conference. And that Conference should be Personal and Serious. For—Every Man, sooner or later, may BECOME what his Bents ARE. Neglect not a single Bent that is within you, but as Master over it, cultivate and educate it to do your bidding. Become what you are FITTED to become. Exert every faculty and use every ounce of energy to this end. It is good sense to believe that you know your own Bents better than anyone else. And you have the assurance ever with you that—Every man, sooner or later, may BECOME what his Bents ARE. Franklin followed his own Bents and became a World figure, instead of following the Bents that his Father seemed to see in him in desiring him to become a Clergyman. You will need no advisers if you will but stop long enough to search out and look your Bents squarely in the face. And if you follow your Bents Courageously and without discouragement, you will then be able to feel to the full, the truth of how blessedly Happy is the man who has FOUND his work.

Shorter and Uglier. "Those laming eyes," sang Spencer. Those "lamps," say we moderns.—Boston Transcript.

**MILITANT-MARY**

A-crystal-gazer asked-me-if-I wouldn't-like-to TRY To-learn-my-fate-No! No! I-cried: LET-SLEEPING FUTURES LIE!

—G. Fitzhugh.

**ALICE JOYCE**



Among the favorites on the "movie" screen is dainty Alice Joyce. She has met with success after success. Playing double roles is one of her specialties and has won her a warm place in the hearts of the patrons of the silent drama.

**Off Again, On Again**

STRICKLAND W. GILLILAN

(Copyright.)

**PERPETUAL DISSATISFACTION.**

The man who has to stay at home finds that not to his liking. The "drummer," always on the road, is sick and tired of hiking.

It isn't that the home is bad, The road's no such a lemon; It's just that what we've always had is what we're aye condemnin'.

'Twould sure be finer, would it not, And give the world a rest, If each declared that what he'd got Was just the very best?

**Couldn't Stand Everything.**

A man had just walked under a ladder.

A girl split the salt and threw none of it over her left shoulder.

A boy had just kicked a black cat that crossed the road.

Providence pulled down its veil. "My face won't stand any more flying into," it said.

**EXPLAINED.**

"What is meant by the newspaper headline, 'Lemons save doctor's bills?'"

"It means that those who save their money instead of paying their bills are regarded by the attendant physicians as lemons."

**O! VOIL.**

From rugged Maine to Golden Gate this photo-reel stuff is unfurled. And every lit-show in the land has "the best movies in the world."

**Oil Stoves.**

One time in a careless moment Luther Burbank, the well-known double-cropper, conceived the unique and mischievous idea of crossing the glow-worm and the skunk. The result was an oil stove. The hybrid inherited its heat from the glow-worm and its aroma from the skunk. When one retires in a fireless, radiatorless, registerless room away from home, they sometimes put one of these kerosene, air-cooled consumers in with him for company. Any time he wakes in the night he knows the stove is there, because he can smell it. He is glad it doesn't make any heat, for smells smell worse in a warm room than in a cold room. They say there are oil stoves that warm one. But we have not seen all.

**CROSBY'S KIDS**

IS THAT ALL YOU HAVE TO DO?

NOW I GOT TWO MORE ON THE NEXT BLOCK

**THE SANDMAN**

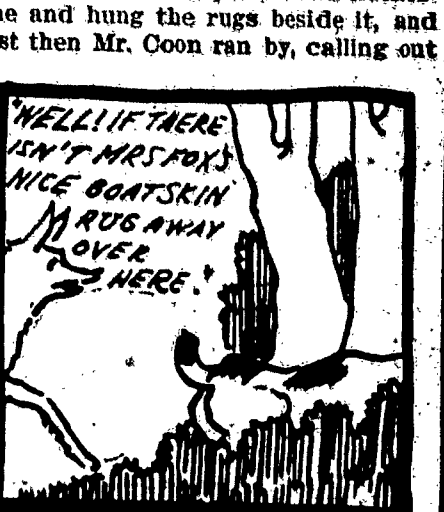
**BILLY GOAT & MR. FOX**

**MR. FOX** was lazy; that his wife knew very well, but she had made up her mind that he should help her with her spring housecleaning if she had to starve him to it. "You won't get a bite to eat," she said one morning, "until you clean my carpets and rugs. Now go to work, if you want your dinner, Reynard."

Out in the yard the rugs and carpets went with a bang and back to her work went Mrs. Fox.

Reynard got up slowly from the ground where he was sitting under a tree and sighed, for he knew it was work or no dinner.

He pulled the carpet on the clothesline and hung the rugs beside it, and just then Mr. Coon ran by, calling out



that a flock of young turkeys were in the wood, and off ran Reynard with him.

One of Mrs. Fox's rugs happened to be a big goatskin, and as it hung on the line swinging in the wind, Billy Goat happened to pass by and see it. Billy Goat gave a look at the rug and shook his horns. "If I could find the one who'd did that," he said, "I would avenge my poor relative. I wonder who lives here!"

Billy Goat looked around and not seeing anyone he took the goatskin and started to run away with it, but he had only gone as far as a clump of bushes when he saw some turnips which Mrs. Fox had in a basket in the yard, and Billy changed his mind. He hid the skin of his relative be-

**SCHOOL DAYS**

Oh boy! A horse-ho! Say! Now we kin do anything we want to do by ourself! We kin get hitched for it!

Good!—I want to marry a girl who is a stud, honey! I want to marry a girl who is a stud, honey! I want to marry a girl who is a stud, honey! I want to marry a girl who is a stud, honey!

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