

How to Live

Common Sense Comments on Health, Happiness and Longevity

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

VARIETY IN DIET.

I do not believe in a great variety of food at one meal—a ten or twelve-course dinner, or anything of that sort. Neither do I think it is best to restrict the diet to one or two or three articles of food, eating the same thing day in and day out. The digestive organs get into a rut and become sluggish.

As a rule, the more civilized a man becomes, the greater becomes his variety in diet. As I have said, variety in food does not mean a great variety at any one meal, nor does it mean rich pastries and indigestible stuffs. I think that a meal of two or three articles is really better than a greater number, but each meal should be different from the others. Breakfast, dinner and supper should consist of different articles of food, and these be varied from day to day. A variety of wholesome foods well cooked. The sensible housewife is the one who does not serve to husband and children the same things day after day until their appetites are cloyed and their stomachs go on a strike. The food should vary from season to season, from day to day, from meal to meal.

Eat meat, eat fish, eat vegetables, eat fruits, eat cereals, but do not try to eat them all in one day. Remember your body is made up of many different elements, and it is best nourished by many different kinds of foods. There is no single food, not even milk, that will keep a man in health and vigor for any great length of time. Even the domestic animals are kept in better condition by slight changes in diet, or changing from one pasture to another. Nature has provided such a variety of products for food that it seems only reasonable to conclude that they are of use in the nourishment of the body.

We may change our diet twice daily and substitute a new one as often as the fashion monthly leader dictates a new style; but, no variation in diet alters the personality, whereas the food we eat may either improve or deteriorate the character of the body which is our soul-garment.

The fact that important changes in animal characteristics are produced by variation in food cannot be doubted by any observer of birds and animals in a state of domestication. Seeing then that the food plays so great a part in these cases, it may safely be inferred that its effects will be still more apparent in the civilization of mankind. This being found true, it is not highly desirable that we should seek to adopt a diet tending directly to improve the body, in order that it may become a more efficient vehicle for the mind, or, more correctly speaking, the ego?

A sickly, wanting appetite can frequently be stimulated by some exceedingly simple change in the commonest articles of daily food. For example, slices of dry bread are particularly unwholesome, but the same bread, lightly browned, with a delicately poached egg resting on the crisp toast, becomes altogether another item in the daily menu. There are some forty or fifty ways in which to prepare potatoes, yet how few are the tables where one sees the vegetable save in the stereotyped boiled, mashed, or fried! A great variety of delightful dishes can be made with apples at all seasons of the year. There is no need to enumerate the host of what are known as made dishes. It is always better to set on the family table, not courses of elaborate dishes, but a wholesome, agreeable, and yet economical diversity of food.

The best route to health in relation to food is by way of variety. Always variety! It need not necessarily cost any more than the deadly monotony, either in time, labor or money. In fact it should cost less in all directions. A little practice, a list of foods, for easy reference, and a sincere desire for health and comfort, these are enough to start the ball of strength and content rolling, a ball that will roll more and more smoothly as it gathers momentum with time and practice. **LEARN HOW TO LIVE.**

Barring accidents or unhappy heredity, any burden or the overwork which sometimes seems inevitable, it lies within the power of a great number of us to be ready for service three hundred and sixty-five days in the year.

Have a variety of food, but eat moderately. No one can have good health and clear perceptions of right and a quick sense of wrong who indulges in over-eating.

Peace itself is a struggle, or rather, it is a struggle and activity which are the law. We only find rest in effort, as the same only finds existence in combustion.

Do not despise your situation; in it you must act, suffer, and conquer. From every point on earth, we are equally near to heaven and to the infernal.

ALL PLAYED BY PRISONERS

Eastern Penitentiaries Have Teams That Put Up Good Exhibitions of the National Game.

Many prisons and penitentiaries have baseball teams composed of inmates, and the national sport has done much to revive the health and spirits of prisoners. These baseball teams are uniformed and play a regular schedule of games, but of necessity these games are always played on the prison home grounds.

One of the best known prison teams is that of Sing Sing. It is known as the Mutual Welfare League team and last season it won more than 95 per cent of games played with visiting lines. The prison baseball field has a splendidly graded surface, and there are bleachers for spectators. The team plays Saturday and Sunday afternoons. Visiting teams come from New Jersey and Connecticut. The prison team has won from some of the best semi-professional lines of these states. The Eastern penitentiary in Philadelphia has long maintained a baseball team, and has developed many good players.

ALASKA APPEALS TO YOUTH

Newspaper in Great Northern Territory Promises Fortune to the Young and Adventurous.

The sage advice of Greeley was never more applicable than it is today in Alaska, observes the Alaska Capital. What the country needs is the optimism of youth, coupled with an adherence to the advice of Dr. Kilgore of Trinity college, North Carolina, when he said: "Young men, the sages will tell you to be prudent; prudence belongs to the-daring of youth. The spirit of adventure that will develop individuality."

Reduce this philosophy to Alaskan terms, and we find that the territory just now needs youth to finish the structure upon the foundation laid by those wonderful pioneers whom we reverence and admire. The raw materials are here, materially and ethically all that is needed is for the next generation succeeding the pioneers to step into the trails blazed for them and finish the work.

HAD ANOTHER SHOCK COMING

Modern Young Woman Able to Promise Auntie a Further Surprise for the Coming Evening.

"Young girls nowadays," said Miss Mary G. Kilbreth, the well-known anti-suffragette, "are flippant and totally indifferent to the opinions of their elders. Woman suffrage is to blame."

"On a bathing beach last summer a beautiful young girl appeared in a bathing suit that was extremely daring."

"Her aunt approached her as she was swaggering in this costume beside the water's edge and remonstrated with her."

"Sylvia," said the aunt, "I consider that costume absolutely shocking."

"Oh, you do, do you?" the girl replied indifferently. "Well, wait till you see me in my new evening gown."

Questionable Remonstrance. "He was an elderly son of the soil and he had all the farmer's savage hatred of rates and taxes of every kind and description."

"To add insult to injury, a perky little Jack in office of a rate collector called on him one day for taxes he had already paid."

"Unfortunately, the farmer could not find the receipt."

"I explained this to him," he explained to a friend of his later, "and, would you believe it, Bill, the fellow began to abuse me?"

"Did he?" said Bill. "And what did you do?"

"Do! Well I remonstrated 'with him.'"

"You did—to what effect?"

"I dunno exactly, but the shovel got broke."—London Tit Bits.

Not the Insect. "I have many times heard people refer to a whale as a fish," remarks a librarian in a western town, "but it remained for a certain youngster, a patron of our institution, to introduce a totally new classification of the creature."

"Please," said the lad, "let me have a book on whales?"

"Very shortly the youthful student was provided with a book on natural history and his attention invited to a chapter on whales:

LOVE'S BLINDNESS

By ALICE HANDLEY.

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"Good heavens, girls, am I late? Has half hour been called yet?" And Helen, all out of breath, made a hasty entrance to the dressing-room.

The girls paid little or no attention to this excited little daisel as she tossed her hat on the rack.

Irene gazed at her in the mirror as she was about to put the final touch of rouge to her dimpled cheeks to bring out the youthful charm of her demure little face.

"You had better hurry, Helen, if you intend making the opening number."

"They'll never hold the curtain for you, old dear, if you continue to hold that million dollar letter you have there very much longer," continued Vera with an air of self-importance.

"I suppose the king of Scotland sent you his will, or maybe he is coming to propose to you," sighed Vera, at the same time glancing toward Helen with her supercilious gray eyes.

"You shouldn't keep any secrets from us, Helen. It's not quite the proper thing to do, especially in polite society like ours," laughed Irene as she sauntered about the dressing-room.

"I'm not keeping any secrets—really I'm not. You see, Brother Jack wrote me he is coming on to see the performance this evening, and he has invited three of his classmates along, and I haven't seen him since the show played New Haven. Really, I'm so happy I'm sitting on the front door-step of heaven—covering the wonderful little smile with a huge dab of cold cream."

"Well, make the best of his visit—that's what I generally do when a sweetie of mine pops in on me unexpectedly," came a musical voice from the extreme end of the room.

"You see, girls, Jack asked me to invite the prettiest girl, the sweetest girl and the vampire of the show out to dinner with the boys after the performance. I wish I could invite all the girls then—"

"Oh, well, fix that part of it all right," interrupted Ethel, a stubby little maiden with a mass of bright red hair. Her tiny eyes never missed anything worth while. "We'll hold a voting contest between the first and second acts and in that way there won't be any hard feelings among the fair ladies of the chorus."

Between the musical numbers during the first act several of the girls grouped about back stage, plotting and planning.

"It will be a good joke on the boys," giggled Irene. "Ethel, with her fiery red hair and her bird like eyes, should be voted the prettiest girl, while Vera who is 'charming,' but a typical fault-finder, will be the sweetest daisel. The vampire honors go to Peggy Lee, the little country 'gal' who joined us last week in Abbotsville."

The dressing room proved a scene of movement as the names of the chosen girls were read by the good-natured dresser, who participated in most of their schemes and fun.

The glooms of all glooms passed over Helen. She did not approve of the plot winners, although she succeeded in hiding her feelings with one of her captivating little smiles.

It was not long after the finale of the show when Jack and the boys anxiously made their appearance at the stage door.

The Mayfair Inn was their destination, a delightful secluded spot where the fashionable banquet was in readiness to greet the merry party.

The enchanted music tickled Jack so that he could hardly keep his feet stationary. Finally he got up enough courage to ask Ethel for the next dance.

"I'm wild about your beautiful red hair, Ethel, and your eyes twinkle like stars on a moonlight night."

"Thanks, Jack; you are the first to compliment me on my beauty," as they aimlessly walked toward the table where Ned Warren was seen gazing at Peggy with sincere, soulful eyes.

"Do you know, Peggy, you are the cutest little vamp in your own little way? You almost gave me hypnotized with your quaint, fascinating manner."

Peggy could only smile as she played the part of a vamp unconsciously and unknown to herself.

Bob had already made plans for the near future, to spend the rest of his days in a love nest on an island with Vera, the sweetest girl in the world.

"If you and I could only—"

"Well," interrupted Jack, "the island arrangement is wonderful, but I don't you think we had better be starting for town? The girls have a rehearsal in the morning."

"I could remain here forever and ever," sighed Peggy, as they started toward the car.

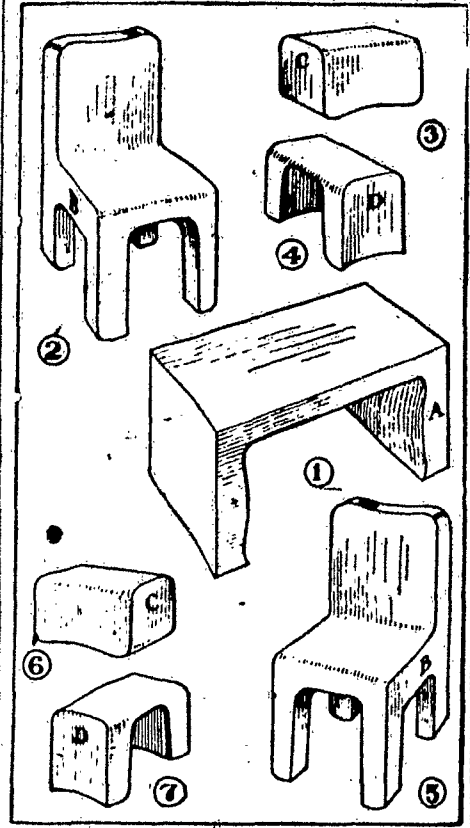
Jack reached for his sister Helen's gloved hand, putting it several seconds before he spoke.

Doll House Furniture for a Girl's Christmas

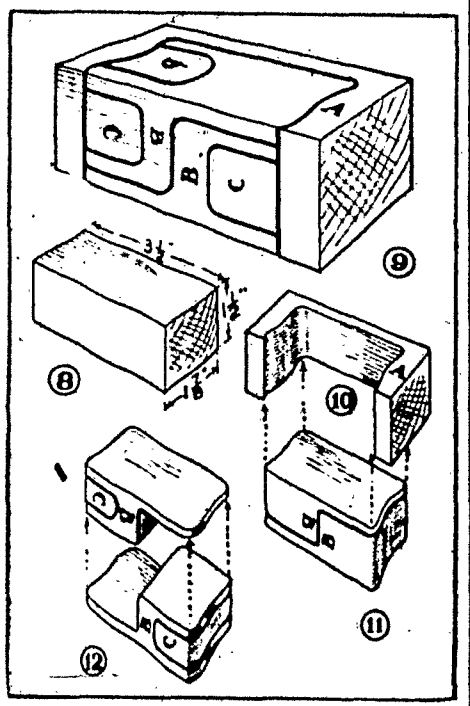
By DOROTHY PERKINS

(Copyright by A. Neely Hall.)

This is one of the most unique puzzle blocks I have ever seen, and it makes a set of furniture that any girl would be glad to own for her doll house. Stand the seven pieces of furniture shown in Figs. 1 to 7 upon a table, and tell a friend to fit them together so



as to form a symmetrical block of the dimensions shown in Fig. 8, and he will think that you are joking. It can be done, because the pieces were cut out of a block of the size shown. By comparing the letters which I have placed upon the pieces of furniture, with the letters upon the block in Fig. 9, you will see how the pieces fit together. It is best to mark out the pieces exactly as they are indicated upon the block in Fig. 9, before starting to cut. To save confusion only one cut is

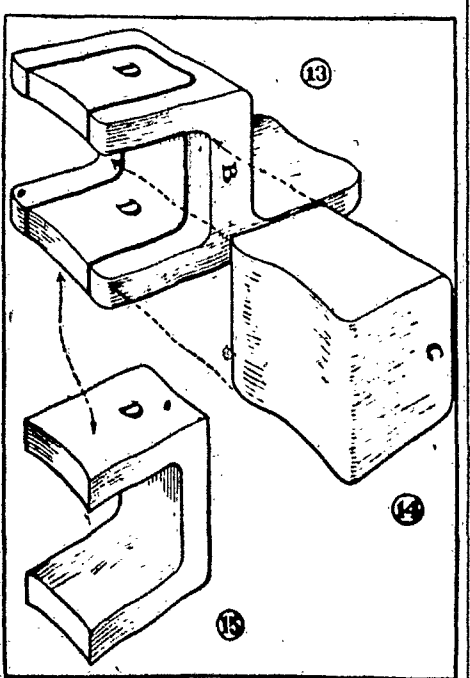


Shown upon Figs. 11 and 12, in the order in which it should be made.

A small bracket saw, or what you probably know as a hand scroll-saw, should be used for cutting out the pieces, because a very fine blade is necessary. The block should be of white pine, free from knots and cracks. Cut it to the dimensions shown in Fig. 8, and plane its surfaces straight and smooth; then upon the two face and two side surfaces, mark off the lines on which to cut. The corners are shown rounded because it is necessary to cut them that way in order to turn the corner with the saw blade.

The first piece to cut out is the table (Fig. 1); this is marked A in Figs. 9 and 10. When you have removed this piece from the two ends and one side of the block, a block like that shown in Fig. 11 will remain.

The next step is to separate the remaining block into two equal parts by sawing along the heavy lines shown in Fig. 11 (Fig. 12). This pair



of blocks, you will see by Figs. 2 and 3, are to form the two chairs, after more cutting has been done. The block C (Figs. 3 and 6), which becomes a foot-stool, must be sawed out of each chair base, as indicated in Figs. 13 and 14. Then when this cutting has been done, block D must be cut out of the remaining portion of each chair base (Figs. 13 and 15), for tabourets (Figs. 4 and 7).

Unless you have done the marking and sawing very accurately, you will find it impossible to interlock the pieces except when placed in the positions they originally occupied. This will make a much better puzzle—harder to assemble the pieces.

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