

The Pleasure of Eating

If you are among the unfortunate people who envy those who can sit down and enjoy hearty meals—if you are the victim of acidity, fermentation, gas, indigestion and kindred stomach troubles that eventually lead to serious illness.

Father Mollinger's Famous Herb Tablets

offer you help. For fifty years they have been an effective means of removing the toxic poisons that prevent perfect digestion and at the same time assist nature in creating and maintaining bodily vigor and mental energy. Compounded from the original prescription of Father Mollinger, these tablets are composed entirely of pure herbs and contain no habit forming ingredients. Absolutely safe for adults and children.

At All Drug Stores 50c & \$1.00
If your druggist cannot supply you send direct
MOLLINGER MEDICINE COMPANY
93 Mollinger Building
East Park Way, N. S. Pittsburgh, Pa.

Open Sunday Open Sunday

THE DIXIE

119 S. Clinton Ave.
Dinner Served 12 to 2:30 P. M. and 5 to 8 P. M.
Fried Chicken and Hot Waffles \$1.25

Special Dinner	\$1.00
Special Dinner	75c
Special Dinner	50c

Open Sunday Open Sunday

This is a good time to have our

Automobile Show

(Trucks)

how quickly they always deliver Miller Coal.

PHONE STONE 4849
GENESEE 21,22 & 996

A. R. MILLER JR.

Gifts That Last

Watches, Clocks, Jewelry, Diamonds, Cut Glass, Pyrex

BELLOWS & HOWDEN

JEWELERS
195 Genesee Street

La May Drug Co.

PRESCRIPTION SERVICE
858 Dewey Ave. Cor. Driving Park Av
Rochester, N. Y.

"Danford's the Man"

Buffalo and Rochester AUCTIONEERS and APPRAISERS
Sales conducted anywhere in the State. We buy and sell all kinds of clean used furniture. New up-to-date salesrooms. Andrews and Wajfer Sts. Main 7478.

Loveny & Heckman

Distributors
Philadelphia Diamond Grit Starting and Lighting Batteries
Ignition Work Battery Repairing
of All Kinds Recharging and Rentals
Phone Chase 2293-M 171 Monroe Ave.

A-1 TAXICABS

Main 413 Stone 453

TRIPS .50 UP

ELECTRIC WIRING

Old House Wiring Our Specialty
Reasonable prices and estimates free
Terms if desired. Main 5089, Stone 8034

BROWN & PIERCE CO., Inc.

Bell Phone Main 877

O'Connell Electric Co.

Electrical Contractors
Motors, Mazda Lamps
Electrical supplies
867 Hudson Ave. Rochester, N. Y.

Geo. Engert & Co.

COAL

Principal Office and Yard
206 Exchange Street
Telephone 257

CHURCH NEWS

St. Michael's.

The monthly meeting of the Rosary Society will take place on Sunday afternoon after vespers.

The requiem masses for this week were for the following:—Lillian Staub, Alexandria Englert, Ida Lohfink, Marie Edelman, Anna Hochrein, Marie Bach, Carl Wendelgass and Marie Zimmerman.

The Young Ladies Sodality will receive Holy Communion on Sunday morning at the 7:45 o'clock mass.

On Wednesday and Friday evenings at 7:45 o'clock lenten devotions will be held.

Thelma Marie Zuek, aged 5 years, died Wednesday, at the home of her parents, Mr. and Mrs. Charles Zuek, of 301 Ave B. She is also survived by one brother, Edward Zuek.

ST. ANDREW'S CHURCH

The masses on Sunday will be at 7:30, 9:15, and 10:30 o'clock. Baptisms are held every Sunday afternoon at 2 o'clock.

Rev. Father Crowley preached the sermon on Wednesday evening.

Stations of the Cross will be held on Friday evening.

Next Sunday morning at the 7:30 o'clock the Holy Name Society will receive Holy Communion in a body.

St. Peter and Paul's.

Masses on Sunday will be at 6:30, 8:15, 9:30 and high mass at 10:45 o'clock.

The customary circular governing Lenten regulations for the diocese of Rochester, which is issued each year by Bishop Hickey was read at all the masses on last Sunday by the pastor, Rev. J. E. Gefell, who urged the parishioners to give up pleasures and amusements, to receive the sacraments very often and to attend the week day masses during the holy season of Lent.

The annual banquet of the choir was held on last Sunday evening in the basement of the school. Several selections were rendered under the direction of Professor Weber. The guests of honor were Rev. J. E. Gefell, Rev. George Kalb, our new assistant Rev. F. Florack and Rev. William Stauder, pastor of Holy Trinity church, Webster, N. Y. Father Stauder was presented with a chest of silver by the members of the choir, and he received several other gifts from individual members. A delightful evening was enjoyed by all.

A variety shower was held on Monday evening by the members of the Young Ladies' Sodality in the basement of the school for Rev. William Stauder, who has been transferred from this parish to Webster. Father Stauder received a great many beautiful and useful gifts.

Evening services will be held every Wednesday and Friday evening during Lent. Sermon and Benediction of the Blessed Sacrament will be held on Wednesday evenings and the Stations of the Cross on Friday evenings.

The pre-lenten party given by the members of the Ladies' Auxiliary, No. 44, Knights of St. John on last Monday evening after the regular meeting was a grand success. The medical examiner, Dr. Catharine Dailey was present and examined twenty-three members for the new rate. Two new members were initiated. The prizes for Pedro were awarded to Margaret Reger, Dora Diehl and Clara Haungs. Lunch was served by Harriet Schoen and Anna Brueckel. The coffee was made by Catharine Schwarz, who declared there would be no more coffee served until after Lent, as she needs a rest and wants to look up some new recipes.

Subscribe for The Journal.

Rules For Lent

The following letter issued by Bishop Thomas F. Hickey, on the rules and regulations for Lent was read in all the churches of this diocese last Sunday:

Dear Reverend Father: The holy season of Lent begins this year on the 9th of February. The obligation of fasting and abstinence ends at noon on Holy Saturday.

All the weekdays of Lent are days of fasting on one meal, with a moderate collation in the evening. The practice of taking a small piece of bread with a cup of tea, coffee, chocolate, or the like, in the morning is permitted. It is also permissible to invert the order of meals by taking the collation at noon, and the principal meal in the evening.

The use of flesh meat is allowed without restriction on Sundays, and once on Mondays, Tuesdays, Thursdays, and it is allowed also once on Saturdays, except the Saturday of Ember Week, as by special indulgent granted by the Sacred Congregation of the Council January 14, 1919, for two years to the bishops of the United States, and on June 4, 1920, extended for the next five years, the law of abstinence was transferred from the Saturdays of Lent to Wednesdays in Lent except in the case of Saturday in Ember Week.

Eggs, milk, butter and cheese are allowed at the principal meal and at the collation. Lard and drippings may be used in preparing food.

Flesh meat and fish may be taken at the same meal on days when the use of flesh meat is allowed.

The law of fasting binds from the completion of the twenty-first year to the completion of the fifty-ninth, but the law of abstinence is binding after a person becomes 7 years of age. The following are not bound by the obligation of fasting: The sick, nursing women, those who are obliged to do hard labor, and all who through weakness cannot fast without prejudice to their health.

By virtue of a special indulgent given March 15, 1895, by the Holy See to the bishops of the United States for ten years, and renewed June 8, 1915, in favor of the working men of this country who find it difficult to observe the general law of abstinence, the use of flesh meat is granted on all days of the year both to them and to all the members of their families, except on all Fridays of the year, Ash Wednesday, Holy Week and the eve of Christmas: this is a dispensation from the obligation of abstinence, but not of fasting. (This extraordinary dispensation is given solely to working classes, and does not extend to the liberal professions.) Those who avail themselves of this indulgent are counseled to perform some penitential work, as, for example, abstinence from amusements or recitation of additional prayers.

We hereby exhort all who for any reason are excused or dispensed from fasting or abstinence that they should practice mortification in eating and drinking according to their ability, attendance at the Lenten devotions and almsgiving to the poor.

Pastors and resident assistants have the power of dispensing from the general law of fast and abstinence or of both fast and abstinence combined, but only in individual cases of persons or families and for a just cause. This power may be used in favor of their own parishioners, even when outside the parish and in favor of transients within the parish limits.

In churches where there is a resident pastor, there will be a sermon and benediction of the Blessed Sacrament on every Wednesday evening, and the devotion of the stations of the cross on Fridays.

St. Francis Xavier.

Masses on Sunday are at 7, 8, 9:15 and 10:30 o'clock.

A requiem mass was said for the repose of the soul of Frances Westfield.

There will be Lenten devotions on Wednesday and Friday evenings at 7:45 o'clock.

The Holy Name Society held a successful social and dance at the parish hall on Monday evening.

St. Mary's.

All of the Wednesday evening Lenten sermons at St. Mary's Church will be given by the Rev. Eugene D. Regan of the Buffalo apostolate. Father Regan has recently been giving a series of lectures in Buffalo for both Catholics and Protestants.

Noonday services will be held in the church all during Lent. The services begin at 12:10 and end at 12:40. Mass will be celebrated and a short sermon given by one of the priests.

Show-Card Supplies

David's Lettering
Devon's, Carter's and Other Colors
White and Tinted Boards
Sign Cloth, Brushes
Instruction Books, etc.

You will find our stock and service to your liking.

Both Phones 675

BARNARD & REMINGTON

9 North Water Street
Near Main

Your Visit to the Auto Show

Ought to remind you of accessories to be taken along on the motoring trips when the pleasant days come.

Don't go without a Field Glass, a Kodak pair of Motor Glasses, an Auto-Altimeter, and a Pocket Magnifier to enable you to read quickly your road map.

Be Prepared.

E. E. BAUSCH & SON

Opticians Optometrists
Two Stores
6 MAIN STREET EAST
115 EAST AVENUE

Both stores have these supplies.

EXTRACTED HONEY

in pint and quart jars
delivered anywhere in Rochester
45c pint 85c quart

L. F. WAHL
Phone: Genesee 2102-W
Caldwater, N. Y., R. F. D.

Can You Afford to stick to a rut, when an opportunity for bettering your position is open to you? Think it over and then come and see us. National Automobile School, 45 Stone street. Day and Night classes.

Natt, Barcham & McFarland

(Incorporated)
PLUMBING AND HEATING
344 Main St. E. 30 Stillson St.

ESTABLISHED 1872

L. W. Maier's Sons

UNDERTAKERS
870 Clinton Avenue N.
Phone 649

Diamond Van-Curran Co.

1794-1796 East Avenue
AUTOMOBILE RADIATORS
Repaired by Experienced Workmen.
Roch. Park 831 Bell, Chase 1174
Work Called For and Delivered

B. O. HRATH

Drugs and Photo Supplies
Opp. N. Y. C. Station
Our Motto: "It pleases us to please you"

Robertson & Sons

Shoe Repairers, Inc.
BOTH PHONES
38 W. Water Street
RST. 1284
Six New York Shops

REPAIRED WHILE YOU WAIT

TRADE MARK

We Don't Gobble Shoes We REPAIR Them

MENEELY BELL CO.

TRCY, N.Y.
AND
180 BRADLOW, N.Y. CITY

BELLS

Sibley, Lindsay & Curr.

Some Unusual Values in Bed Spreads

This is a little lot of bedspreads consisting of a few odd numbers that we wish to close out. We have made the prices sufficiently attractive to make them move out fast.

Hemmed honeycomb bed spreads for the double bed, former price \$22.50, for \$2.18.

Heavy weight fine quality hemmed honeycomb bed spreads, double bed size, former price \$3.15, for \$2.60.

Scalloped bed spreads for the double bed, neat Marcelline design, former price \$4.00, for \$3.39.

Fine quality heavy weight satin finished bed spreads with hemmed ends, for the double bed, neat designs, former price \$6.50, for \$5.19.

Colored satin finished bed spreads with bolster cover to match, with scalloped edge, for double bed, former price \$11, for \$8.69.

Extra large, fine and heavy weight satin finished bed spreads for the largest double bed, hemmed ends, former price \$18, for \$9.69.

Heavy weight, strong, serviceable, satin finished bed spreads with

scalloped edges for full sized bed with box springs in all-over design and medallion center. Former price \$13.50, for \$10.50.

Extra fine and light weight bed spreads, scalloped edges, hemmed ends, satin Marcelline design, former price \$15, for \$12.50.

One number in sheets and pillow cases in pillow cases at exceptionally low prices.

45x26 inch bleached cotton percale, made from a good quality medium weight cotton, and stands long and serviceable. Cheap at 4c, for 3c each.

Extra heavy strong construction full bleached, seamless bed sheets 81x90 size, made from a very well known brand of cotton. These have exceptional values, make them sheets for hotels, rooming houses, hospitals and give excellent service in the home, would be cheap at \$1.57, now \$1.57.

SIBLEY, LINDSAY & CURR CO

There Are Homes Wherein Washday Has No Terrors. Why?

Why? Because such homes have electrically operated combination washing and wringing machines. These machines banish the soul-trying, nerve-racking physical labor common to washday in homes where the washing, rinsing and wringing are done by hand.

With an Eden Electric Washing and Wringing Machine you can do the washing in one-third of the time and the clothing will not only be washed better, but it will last longer. Between 2 and 3 cents' worth of electricity will do the washing for an average family. Demonstrations given in the home and trial period allowed.

'PHONE FOR ONE NOW!

Rochester Gas & Electric Corporation

Bell--Main 3960

Home--Stone 3960

N. A. MacDonald & Co.

Investment Securities
311 Cutler Building

Main 6350

Stone 2205

Hornblower & Weeks, New York Correspondents

Visit our salesroom in the basement for Poultry, game and pet, feeds & remedies. For results try H. O. Strick Feed at \$2.50 per bushel, lbs. for \$1.80. H. O. Laying Mash \$3.50; 50 lbs. for \$1.80. Reliable brooder and brooder stores. All breeds of baby chicks in season and baby chick food and Spratt's Chick Grain.

The MAURER-HAPP CO.,
149 Main St., E.

Chase 3090

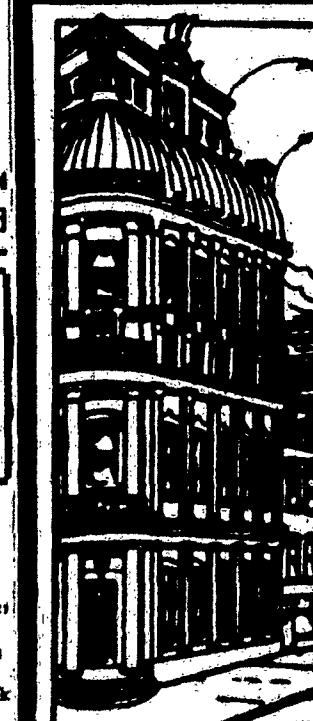
CALL ON

Part 113

The "House of a Million Parts"

For almost anything you need for your automobile and save real money.

THE ROCHESTER AUTO PARTS INC. 138 Culver Road



ESTABLISHED 1851

Who is Depositing Your Money?

Sooner or later your money gets to the bank. Who is getting the benefit of the interest? Why not you? Develop the "savings habit" and have it there in your own pocket drawing interest. Don't spend it as you go.

Sometimes you will want it for some special emergency and with a comfortable balance in savings bank drawing interest you'll be ready for it.

ROCHESTER SAVINGS BANK
WEST MAIN AND FITZGERALD STS.

Subscribe for The Journal