

### Something to Think About

By F. A. WALKER

#### MAKING FRIENDS.

IF YOU would be happy make others happy. Don't neglect to do a kindness when an opportunity comes to you.

It matters not where you may be, whether on your own threshold or beneath the sky of a foreign land, ever remember that by being friendly you are making some soul happier, lightening a hidden burden, doing your bit to brighten the world, and in doing it becoming healthier and sweeter yourself.

Of all felicities friendship is the most charming. It eases cares, dispels sorrows and makes for salvation of souls. It becomes an inspiration to you when the days are dark—a divine joy that all the wealth of the world cannot buy.

There are people everywhere whose hearts are hungry for appreciation and sympathy. Help them through the mazes where naught but briars grow. Strew o'er their rugged way the flowers of friendship and clasp them by the hand.

Pour sunshine into their hearts and see the new light that comes into their dull eyes and the smile that plays about their lips.

Some writer has said that "pure friendship is something which men of an inferior nature can never taste."

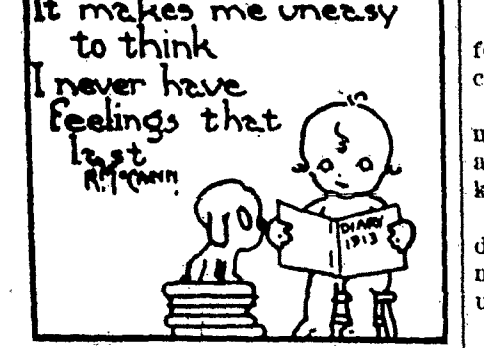
Buripides tells us, "It is a good thing to be rich, and a good thing to be strong, but it is a better thing to be beloved of many friends."

It is by friendship that we must strive to battle for truth and righteousness. All departures from friendliness take to coldness and strife. Consider what the world would be if all the nations of earth were friendly!

Think what it would mean for the peace, contentment, security and prosperity of the people, if they dwelled in amity, unconcerned about war, enjoying quiet homes with their loved ones, with never a doubt about their neighbors and never a thought of the jealousies or the evil ambitions of the countries beyond the sea!

Neither the rich nor the poor, nor the high nor the low can partake of the full blessings of life without friendship. We cannot get the best within the world without giving the best within us.

And this excellent thing, this divine essence that exalts men and women, takes them to the very gates of heaven and stirs the fountain of good within their souls, is nothing more or less than simple friendship.



#### THE CHEERFUL CHERUB

The sorrows I had in my youth, now vain they seem now that they're past! It makes me uneasy to think I never have feelings that I lost.

WE ARE the wise, the very wise Who have no need of God; We understand His seas, His skies,

His sunset and His sod, There is no magic in a rose, Its petals pulled apart, For we explain just how it grows

WE ARE the wise, the very wise— No need of God have we. We know man lives, we know man dies—

### Mother's Cook Book

There are great changes in the world, great changes, and we can't do better than prepare ourselves to be surprised at hardly anything. Dickens

#### SOME GOOD THINGS TO EAT.

IF THERE are any old-fashioned members of the family still present they will enjoy

Sour Cream Biscuit. To each cupful of sour cream add one-half teaspoonful of soda, using two or three tablespoonfuls of shortening, according to the richness of the cream. Add flour enough to handle, rolling the mixture as soft as possible.

Hot Water Gingerbread. Take one cupful each of sugar and molasses, one-half cupful of melted shortening, one teaspoonful of salt, one tablespoonful of ginger, one beaten egg, three cupfuls of flour and when well mixed add a cupful of boiling water in which a teaspoonful of soda has been stirred. Pour into a baking pan and bake 40 minutes in a moderate oven. The mixture will seem too thin, but will make a very delicate light cake.

Drop Cakes. Take one-half cupful of softened butter, add one cupful of sugar, beat well, add one beaten egg, two cupfuls of flour, one-fourth of a teaspoonful of sour cream, two and one-half cupfuls of flour and when well mixed add a cupful of boiling water in which a teaspoonful of soda has been stirred. Sprinkle with granulated sugar and bake in a moderate oven.

Spiced Tongue. Take a fresh calf's tongue, drop it into boiling water and let it simmer two hours. When it is cooked the skin will peel easily. Put four tablespoonfuls of butter into a saucepan and when bubbling hot add a cupful of small onions, one red pepper, one and one-half teaspoonfuls of salt, a tablespoonful of vinegar, two small carrots, one-half pound each of dates and raisins, all chopped; then add a pint of liquor in which the tongue was cooked and simmer one hour. Remove the tongue, thicken the sauce and pour over the tongue.

Mock Angel Cake. Mix and sift one cupful of the granulated sugar, one and one-third cupfuls of flour, three teaspoonfuls of baking powder and one-third of a teaspoonful of salt. Pour on gradually, stirring constantly, two-thirds of a cupful of scalded milk. Fold in the whites of two eggs beaten stiff and bake in an angel food pan 45 minutes.

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#### Uncommon Sense

By JOHN BLAKE

#### NEVER BORROW TIME

YOU can replace a borrowed ten dollars, little the worse for the borrowing. You cannot replace a borrowed hour, for that particular hour will never come to you again. The amount of money a man can make is limited only by his energy and acquisitive ability, which is otherwise known as his financial genius. The amount of time he has, has a definite limit. The millionaire has no more of it than the longshoreman—usually not nearly so much. When you put off today's job till tomorrow you are borrowing time from yourself, which is a very dangerous practice.

Today's job has got to be done sometime. You can do it better in the time in which it was intended to be done than in the time that belongs to tomorrow's job. The time borrower is always behind-hand. His work accumulates until much of it must be left undone. His affairs become involved for lack of time to attend to them. For that borrowed time is gone. There is no power on earth that can restore it to you.

To take for idleness the time that ought to be devoted to work is borrowing either from tomorrow's work or tonight's recreation. The recreation is as important as the work. You have no right to borrow the time that should be given it. Apportion your time carefully. If you are the average sort of a person you consume about three times as much of it as you need for a given amount of work.

Use it intensively, and get all the work into it that can be packed there. Use every hour effectively, either in work or play. But never borrow any of it ahead. Never put a mortgage on the hours of tomorrow or of next week. And, being careful not to borrow any of your own time, be just as careful not to borrow any time that belongs to others, by dropping into offices for idle chats, or interrupting them when they are at work. Time is the one thing in the world with a fixed limit. That which is borrowed is lost, and none of us have so much that we can lose it without disastrous consequences.

### Reatha Watson



"You are too beautiful to live in a large city"—thus in January, 1914, did a judge from his bench make the amazing beauty of Reatha Watson a stigma. He banished her to her home at El Centro, Calif. She was then sixteen. Eight years ago she thought her beauty was a hindrance. Today it is the "movie" star's fortune.

#### THE RIGHT THING at the RIGHT TIME

By MARY MARSHALL DUFFEE

#### OCEAN ETIQUETTE.

Good breathing is the result of much good sense.—Chesterfield

IT IS so many months since Americans have taken trips for pleasure that we must brush up a little on the question of the etiquette of ocean travel. War workers and the men in the expeditionary forces were transported under such very different circumstances from those of pleasure travel that as far as the small points of manners go it was an entirely different proposition.

Under ordinary circumstances the woman ocean voyager has a good many letters to write during the first few hours of her voyage because it is considered only courteous for her to send off little notes of thanks to those who have sent flowers, books or other presents, by the mail that is taken off with the ship's pilot. However, these letters need not be long, as surely no one would expect you to miss all the pleasure of being on deck during the first of your voyage in order that you might dwell at great length on your appreciation of their generosity.

The question is sometimes asked whether it is in good form to use the stationery such as is provided by the ocean lines, or whether it is not better to use one's own stationery. Good form seems to sanction the use of the ship's stationery, and it is surely more interesting to those who received letters to have them on this paper.

Suppose you know no one on ship-board. Must you therefore keep to yourself because there is no way for you to have introductions to the other passengers? Certainly not. It is quite good form for you to begin with a courteous good morning addressed to those whom you meet at table or whom you pass every day on deck. At least by the second or third day out you would naturally start a conversation with the person seated next to you on deck and to resent any such friendliness on the part of others would indeed be unkind. If for any reason you wish to be left entirely to yourself you should make a special request that your steamer chair be placed in an isolated part of the deck.

It will then become apparent that you do not wish to mingle with the others and you will have no trouble in keeping by yourself. But by far the most agreeable thing is to accept the friendly advances of persons whom you meet and if they appear congenial there is no reason why you should not let the friendship progress quite as if you had had a formal introduction.

#### WHY — CAN CATS SEE IN THE DARK?

STRICTLY speaking, cats cannot see in complete darkness any more than human beings can. But, owing to a peculiar construction of their eyes, they can make much better use of whatever light there is and, as a result, they can find a way through a room which appears to be very dark.

The pupils of a cat's eyes are capable of being enlarged or distended to a great extent, thus letting in every particle of light. Moreover, this enlargement of the pupil takes place almost instantly and there is therefore little apparent hesitancy on the part of a cat which enters a dark room after being in the bright light. The same principle holds good, in a lesser extent, in the human eye, for after we "become accustomed to the dark"—or after the pupils of our eyes become sufficiently distended to allow the rays to enter—we are able to see much more clearly and distinctly than formerly. This, however, takes an appreciable time, while it occurs automatically in the eye of the cat.

### To Catholic Journal Readers: Co-operate with these firms as they are co-operating by advertising in your paper. Patronize them as they are your friends.

#### "What's in a Name?"

By MILDRED MARSHALL

Facts about your name; its history, meaning, whence it was derived; significance; your lucky day and lucky jewel.

PRISCILLA. Main 2429 Stone 4118

THE charming demure name of Priscilla signifies "ancient," a denotation to which it has very right, since it comes from the very old Latin. The Priscis, according to Niebuhr, were the original Latin tribe whose name acquired its sense of age from their antiquity. The most distinguished Priscus of history was Marcus Porcius Priscus Cato and a number of the Priscis are to be found among the early Roman martyrs.

Whether Priscilla was the name given to the daughters of this family or not is a matter of conjecture. The first Priscilla of whom we have record was a fellow-worker of St. Paul. In her honor this feminine form gained great prevalence in England, especially among the Puritans. America, of course, received her through the charming romance of Priscilla and John Alden and Capt. Miles Standish, where the famous utterance, "Why don't you speak for yourself, John?" arose.

The vogue of the name as a model of demureness and maiden propriety was widespread throughout New England and has been much used in song and story in this country. But outside of America and England and her early fame in Rome, Priscilla has had no popularity whatever. The abundance of harsh consonants have made her impossible of translation into French and Spanish, and even Germany rejects her. England, through hatred of the Puritans, cared little for her, and she has almost dropped out of existence here. Only in America does she still flourish through the offices of Longfellow's immortal poem.

The amethyst is Priscilla's talismanic gem. It is said to control evil thoughts, to quicken the intelligence and, according to an old legend, has a sobering effect upon anyone intoxicated from wine or love. Saturday is Priscilla's lucky day and 4 her lucky number. The primrose, signifying simplicity, is her flower.

Indispensable Worm. The labors of worms throw up no less than ten tons of soil in the form of casts on each acre of land during a single year. In a small five-acre field the worm population brings to the surface no less than fifty cartloads of the finest soil in twelve months! The most important of all creatures, then, is the lowly worm, on whose labors all the rest depend for their food. If he were to die out, the whole earth would, in a short space of time, become a great silent, lifeless Sahara.

THE FRIENDLY PATH

By WALTER I. ROBINSON. THE sun cannot shine constantly. There always will be some rainy days.

A person who would throw away his umbrella or his raincoat every time the clouds disappeared would be considered a lunatic. One meal will not satisfy our stomachs the remainder of our lives. We must eat every so often if we wish to live and avoid hunger. No one would think of eating everything he had if he didn't expect to get another meal within a reasonable time.

These assertions may seem but primary lessons on the importance of vision. Yet many of mature age could study them with benefit. Experience already has taught quite a few that looking ahead is essential to happiness and comfort. Wages and incomes during the last few years have been higher than ever before. Luxury buying and extravagance in pleasure seeking have gone along together. Many thought they had struck a "well of gold" that never would go dry.

But the inevitable has happened. Those who demanded exorbitant profits and those who forced high wages and who, in both instances, spent as fast as they received, are beginning to see the folly of their ways. In many cases the fruit has an extremely bitter taste. A little vision in the beginning would have prevented cries of distress. Some may find it too late to benefit from their lesson since they are sliding down the precipice. These will have many difficulties in climbing back over the jagged rocks.

Few there are who cannot still make a start in the road of thrift and fairness which is the sure way to prepare it "rainy days" should come.

A Little Well Kept. Better a little well kept, than a great deal forgotten.—Bishop Latimer.

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#### WHY? — DO WE BLUSH?

ANY shock or emotion which makes the heart pump an extra supply of blood into the arteries and veins which supply the face will give rise to the reaction which we call "blushing." The emotion, of course, must be one of the variety which causes the heart to beat faster than usual. Excitement, embarrassment or anger will cause this, while fear, which retards the action of the heart, will cause the opposite effect, producing a pale white look.

Because the shock or emotion must be one to which we are not accustomed, some persons blush far more readily than others. A person, for example, who is not in the habit of listening to certain language will blush from embarrassment when he hears it the first few times but, if the experience is continued, he will become "hardened" and lose the ability to blush—which is the reason that blushing is considered to be one of the attributes of innocence.

Cause and Effect. "Didn't the bride look stunning?" "And didn't the groom look stunned?"—Judge.

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