

FROM THE CONVENT OF THE SACRED HEART

Sister Superior Endorses Merit of Father John's Medicine for Children.

Writing from the Sacred Heart Convent at Newport, Vt., the Sister Superior in charge says: We have here a large boarding school and as soon as we see a child without appetite or not feeling well we have him take Father John's Medicine. I think it is the best remedy for children. (Signed) Sister Mary Alexandrine, Superior Sacred Heart Convent.

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Something to Think About By F. A. WALKER

WHO WANTS TO KNOW IF YOU are sincere in your desire to know how to achieve, how to make yourself worthy of the highest confidence and thus become competent to hold a place above the ordinary, you will lose no time in acquiring the necessary knowledge.

You will not waste a single hour in idleness or unproductive effort, the basic cause of disappointments and failure. You will go to your task seriously with undying determination to win.

In your pursuit, which in a little while will have become an exhilarating pleasure, you will discover that all the men and women who are holding the prominent places did in the beginning of their careers just what you are doing.

They squandered no time in the foolish chase of rainbows, choosing instead the companionship of wise counsellors and the perusal in their spare time of instructive books, seeking truths and principles upon which they could build a substantial foundation for the erection of their life-work.

They tossed the chaff to the winds and stored with utmost prudence the golden grain. The greatest men of today, the conspicuous leaders in the professions, the arts and the crafts, struggled hard in their youth to get a foothold upon the hills. They knew what they were seeking and never relinquished their high purpose or slackened their pace, though they often slipped and went to bed hungry.

Their present wealth, power and influence are envied by the thoughtless, who sneeringly talk among themselves of "chance" and "luck," those misnomers for work and pluck. Being envied is a high distinction. And this is especially true when it is obvious that the real cause of envy is based on the admitted ignorance and regret of men and women who covet distinction but invariably lack courage to take a place in the front and bear the brunt of battle.

The youths of the present who want to know, who are brushing aside obstacles, who are exerting every effort to learn, will in the future be found among the foremost workers and thinkers in the world's great activities, simply because they have with their resolute hearts the spirit and faith, without which no man or woman can hope to win a glorious name.

Word "Bum" Has Dignified History. The word "bum," which is considered by nearly everyone as a pure Americanism of the most vulgar sort, has in reality a very dignified history. It was first used in England more than two centuries ago in the form of "bummer." A bummer was a man who peddled fish outside the regular markets and these persons were, of course, looked down upon and held in contempt by the regular dealers. The word finally gained a general significance and came to mean any dishonest person or one of irregular habits. It appears in the English market by-laws of the Seventeenth century in the form of "bumsharer."

The word appeared in the United States during the gold days in California and gradually made its way east. Pithy Paragraphs. The world condemns a woman with great severity when she goes wrong. Some few centuries later a group of men played the same cards in the same way for the life of the world's best man and not one of their names is remembered. Jezebel can never be forgotten. She was a woman. James Valentine.

KIDDIES SIX By Will M. Maupin

JUNE TIME

SINGIN' o' June, when the roses blow; With a song when the sun hangs low; Whistlin' away Through th' livelong day— Singin' an' whistlin' a merry tune To the rosiest month of them all—that's June.

Watchin' the clouds as they hasten by, Catchin' the gleam of the bright blue sky; Lazyin' round On th' sun-kissed ground— Hearin' th' wind through the wood and croon Her songs to the rarest of months—that's June.

Of through th' meadows cool an' sweet, Where th' violets bloom in their dim retreat; Dreamin' dreams By the purlin' streams, As they hasten by with their rhythmic ruage To the rosiest, fairest month—that's June.

Home at eve when the moon hangs low And the sky gleams bright with a all-ver glow; Just lazyin' there In the old arm chair A watchin' th' man who lives in the moon And laughs at th' fairest of months—that's June. (Copyright)

The Friendly Path By Walter L. Robinson

EVERYONE MUST PAY. There is a law of recompense which cannot be evaded or ignored. If one prizes his happiness he must expect to pay. Eventually the bill collector will demand his toll. Unless payment is made a rough pathway lies directly ahead.

Many constantly fear the bill collector who comes and demands money toll. But he is the most harmless of all the collectors. The real collector to be feared is the one which takes the form of conscience. It is impossible to dodge this one or to frighten him off with a double-barreled gun.

Those who imagine they have ended the collector when in the form of conscience are foolishly deluded. But even though they may get some enjoyment out of life because they think they have satisfied themselves that their consciences were wrong, they can always expect another collector which takes the form of law to bound them and the debt is paid.

In this age when many fathers and mothers are worried concerning the future of their children, there is good reason to impress upon the young people the importance of being on the square with the world as well as with themselves. Too many start into their world's pathways bent on getting as much as they can—both in material value and pleasure—without paying for its worth. If parents allow boys and girls, when their characters are in the making, to get this false impression of the way best to get on, sorry days are likely to be ahead not alone for the sons and daughters and their children, but for e fathers and mothers as well.

WOMAN AND HER SECRETS

Admitting That She Keeps Them Well, Writer Wonders If She Has Any to Reveal.

Heaven knows there is little novelty about woman. Adam was the only man to whom she was something new. Her "elemental inconsistencies" have lent color to every page of the world's history, and she has shown no disposition to conceal them. "Woman does not betray her secret," wrote Immanuel Kant, ponderously, and with that truly German air of providing food for thought. Just what he expected her to betray, just what anybody expects her to betray, has never been made manifest. The cat is the only one of God's creatures that suggests reserve and perhaps secrecy. I have sometimes thought that half-shut eyes and the immobility of relaxed nerves may be responsible for the suggestion, and that this self-contained little beast is less mysterious than it looks. Woman does not even look mysterious, save in the veiled East. In the West all her efforts tend to revelation. Her secret is as easily kept as are the secrets of the cat and of the Free Masons, and for the same reason. The only thing she does not tell is how she is going to vote. This makes her interesting to the politicians, if not to the world at large. The basic principles of party politics have not taken firm hold of her intelligence. By paths and side issues seduce her from the main traveled roads, over which the male voter sturdily trudges.

Alice Joyce



At some time or another, a "movie" star reaches the very apex of her career. In the case of Alice Joyce, she is said by some to have attained her very best work in a recent popular production. Alice Joyce is said to have played a greater variety of roles than any other screen star. She began her career by telling a little untruth—that she could ride a horse. She could not—but she had to say she could to get the engagement. She found she could.

YOUR HAND How to Read Your Characteristics and Tendencies—the Capabilities or Weaknesses That Make for Success or Failure as Shown in Your Palm

MONEY IN THE HAND

IF THE line of the head, the lower of the two principal horizontal lines of the palm, is well branched at its beginning it is an indication of money made by one's own merit and exertions, probably in business. Much wealth gained in business is also shown by a strong, well-marked line of fortune, a line not seen in every hand, but which, when present, runs up the palm to or into the finger of Apollo, or third finger.

Other good signs of money gained in business are little lines going from the line of life to the line of the head, and also little lines leaving the line of life and running toward the wrist. Lines running upward from the line of fate, which ascends the palm about the middle, are also a fortunate indication in this respect. These signs of acquisitiveness are seen more surely and frequently in what are known as the practical hands; that is, hands of the square or spatulate type, rather than the concave or artistic and psychic or pointed types. (Copyright)

WHY? DO WE WAKE UP IN THE MORNING

THE human body "goes to sleep" in order that the heart and the brain have time to build up the portions of the body which have been used up during the day, by exertion of one kind or another. Generally speaking, the brain acts as sort of an alarm clock which wakens us when the process of rebuilding has been completed and it is for this reason that persons who have been unduly fatigued sleep longer than those who have taken but little exercise. The process of awakening is principally due to two factors—the necessary amount of rest and habit. The former being the stronger of the two, persons who are quite tired when they retire find it difficult to wake up at their accustomed time, though an equal amount of fatigue upon going to bed each night will soon enable one to acquire the habit of arising at the same hour, no matter how early or late this may be. The process of natural awakening, therefore, is merely the result of being completely rested in all parts of the body—even though certain muscles may appear fatigued through unusual exertion on the preceding day. (Copyright)

A LINE O' CHEER

By John Kendrick Bangs.

THE GLOW OF CHEER

SOMETIMES I cannot see my way. Out of the night to light of day. And then I turn the glow of cheer. Upon the prospect far and near, And ere I know it dark hath sped And the clear highway lies ahead. (Copyright)

Uncommon Sense

By JOHN BLAKE

CANNOT HOARD TIME

IN A certain time you can make a certain amount of money. You can put the money away for years later, but you can't put the time away. Money, called by the economists frozen labor, might also be called frozen time.

But time is more than money. It can be turned into many things that can be stored away—education, cultivated taste, pleasant and profitable memories. But time itself you cannot hoard. You must use it as it passes, or it is gone forever.

Time spent in recreation is not wasted, unless you spend more than a due allowance for recreation. But time spent in absolute idleness, or in activities that are worse than idle, is sheer criminal waste.

If you could go back over your life and gather back the hours that have never been improved, you would still have enough time to do great things. But those hours are gone. You can only, as Shakespeare says, "regret your dear time's waste" and resolve to waste less of it in the future.

Many men whose time had never been turned to account until they were past forty have still had enough left to accomplish great things in the world. But these are the most sincere mourners for the years that might have been utilized.

If you will begin today to bear in mind that time cannot be hoarded, and if every hour of it is converted into something that can be hoarded, you may lay the foundation for a fortune. You will certainly lay the foundation for happiness by and by. Count your hours, and allot each one to some task or to some profitable recreation. See that none of them slip by. They are as water through a mill, which if sent over the wheel creates valuable energy, but which spilled over the dam is gone forever. (Copyright)

Mother's Cook Book

"A fig tree looking on a fig tree becomes fruitful," says the Arabian proverb. And so it is with children, their first instructor is example.

EVERYDAY GOOD THINGS

NOW is the time to go forth and pluck the early watercress, the wholesome dandelion, the docks and poke, the new shoots of milkweed and marsh marigold or cowslips, all giving the needed zest to the food of spring.

Fresh Dandelion Salad.

Those who appreciate the value of the tender bleached heart of dandelion like it with a bit of salt without any dressing. For a salad the bleached leaves are best, but the tender green shoots, cut and mixed with a small green onion and served with French dressing is a salad not to be despised. Cut the dandelion close to the root, with all the tender green buds. Wash carefully and slice the root from the base, buds and tender leaves for six inches above the root. These use for a fresh salad; the rest of the leaves may be cooked for greens. Another addition to this salad is a thinly sliced tomato, which adds a bit of acid and softens the bitter of the dandelion. Using mayonnaise on the fresh green dandelion is another appetizing method of serving it.

Cooked Dandelion Salad.

Cook the greens until tender, which will take two hours or more unless the greens are very young, then serve with the following salad dressing: Rub a small bowl with a cut clove of garlic, add one-half of a teaspoonful of salt, a few dashes of paprika, two tablespoonfuls of orange juice and four to five tablespoonfuls of olive oil. Whip this dressing until it is creamy, then serve on the cooked dandelions.

Pigweed or Lamb's Quarter.

This is a good wholesome green and common enough to be generally well known as a weed, but not well known as a good food. Pull it up by the roots and strip off the green leaves, as the stalk is generally too tough to serve. Cook with pork or corned beef and serve hot.

Purslane is another good green, which grows in profusion. Pick the leaves and stalks, shake well and wash, then cook as any other greens. Horseradish, piplant and dandelion cooked together make a good flavored combination. Yellow dock when young and tender is good.

Cowslips are delicious when well cooked and seasoned. They are easy to clean and do not shrink as do the dandelions when cooking. A half peck of tender dandelion greens will shrink when cooked to a small vegetable dishful.

Mustard is grown for a green and makes a most tasty dish. The wild mustard is good, but the leaves are much smaller than those of the plant called Chinese mustard. A few leaves of the mustard cut in bits and added to the dish of lettuce improves it. Watercress of this season is in its prime, fresh and green. It grows along the banks of brooks. One should use care in picking it where there is no fear of sewage contamination.

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