

HOW

VARIOUS FOODS AFFECT HEART OF HEALTHY MAN.

Dr. M. Heller, a German physician, has conducted a series of experiments to determine the effects of various foods, beverages, condiments and spices, as well as the effect of cooking, chewing and digestion upon the pulse and cardiac (heart) activity, and found that all the foods, accessory foods and spices, with the exception of very acid substances, coffee, tea and cocoa, had a stimulating effect on the heart. Water inhibits the depressive effect of stimulants from heating.

The depressive substances become stimulants by their mixture with stimulants (in which sugar plays an important part), or their action is diminished. The depressive substances become stimulating after they are heated and water increases the stimulating effect. If the substance tested is applied to the palate the effect is greater than when applied to the mucosa, (lining) of the cheek.

Different portions of the same vegetables have different effects. Acids applied to the tongue cause depression of the pulse; applied to the mucosa of the cheek and palate, they cause an increase of the pulse, but applied to the whole oral cavity, there is depression of the pulse. Spices, with the exception of onion and garlic, are stimulating when applied to the tongue, and mucosa of the cheek and palate; onion and garlic are stimulating when applied to the tongue, depressive when applied to the cheek and palate, and stimulating when applied to the whole oral cavity.

WHY

It Is Believed Alaskan Natives Are Mongolian

Natives of Alaska are descended from the Mongolian races, according to Dwight H. Robinson (Private "Bob") of San Francisco. This conclusion he drew while serving an army enlistment in the "north country," where he had an opportunity to observe the inhabitants first hand. Aside from certain biological resemblances these people bear to the Japanese and other Mongolians, many of their customs and beliefs would indicate that they are a branch of the same family, he said.

It is likely that the two continents were at one time connected at the point where Bering straits now is, said Mr. Robinson. "This 50-mile channel is now traversed by the natives in little walrus-hide canoes which are operated by a single person and called 'kayaks' and of a size to accommodate two passengers are named 'bidarkes.' This journey, which in ages past was probably taken overland, is frequently made by the inhabitants of Russian Siberia on the other side of the straits who are Mongolian have many characteristics in common with the Alaskans, which would indicate that they were all of one race.

"Both indulge in ancestor worship. One of the most odd expressions given this belief by the Alaskans is the significance they attach to the aurora borealis. The northern lights have alternate shafts of dark hues with those of exquisite shades, and tints. The somber colors, they say, represent the old men and squaws and the beautiful colors their illustrious relatives, who were great warriors."

PECULIAR PROPERTY OF EYE

Why Some Persons "See Red" and Not Other Color for Duration of Their Lives.

When a man suddenly seizes a knife, revolver and runs amuck amongst his fellows, he is said to be "seeing red."

As a matter of fact, many of the gentlest and kindest of people actually see red for the whole of their lives. The eye is a very delicate organ, and the slightest derangement may throw its whole mechanism out of gear.

Cases of colored vision are not uncommon. There are people who always see as though they were looking through red, green, or even purple glass.

Others cannot see colors at all. To them the brightest flower bed is as drab as a photograph. Most people have one eye that sees colors more brightly than the other. Try the experiment of looking at a stained-glass window or a brightly painted picture with first one eye and then the other. You will probably find there is a distinct difference in the impression conveyed. Both eyes see the colors, but to one they are a good deal less vivid and less contrasting than to the other.

Why Humidity Is Important.

No system of heating and no sort of fuel, however, will heat a house properly unless the householder pays attention to the matter of humidity. Air in the open contains a large percentage of moisture. When we shut up our houses we dry the air. Moist air is like a blanket. It holds the heat within our bodies. Dry air allows it to escape. A properly humid air will feel warmer at 65 degrees than a dry air at 80 degrees and be much more wholesome. To moisten the air is a much cheaper way of heating than to buy coal at \$14 a ton. So keep the kitchen tea kettle spouting steam, and on occasion open the cocks of the steam radiators. Set out some pans of water to evaporate. We keep an ornamental brass bowl full of water on the big wood heater in our living room. Warm water evaporates faster than cold water. Keep your air moist, and it will help you to keep your feet bills low.—From the Outlook.

Why Indians Are Protesting.

Yakima Indians in the state of Washington are highly incensed because sheep grazing on Mount Adams huckleberry fields have destroyed their special natural vegetation. The red men who each year make trips to the wild berry fields of the mountainous regions have appealed to Governor Hart to protest the pasturing of live stock in certain parts of the national forest reserves where wild fruit abounds. Kilkittat and Yakima Indians from the earliest traditions of these tribes have annually depended on the products of the berry fields for part of their winter supplies and the part of Mount Adams where huckleberries grow profusely they call Sweet Mecca, by the Indian name of Husum.

Why Water Can Be Too Pure.

The fact that a city's water is too pure is something new in municipal experience. It was found that the water of Fort Williams, Ont., had no sediment formation when put in tanks, and the linings of the tanks were exposed to the full oxidizing influence of aerated water. The city chemist was compelled to add lime to the water.

Why One Editor Doesn't Care.

"Instead of putting the Goddess of Liberty on the new dollar, wouldn't Mercury be more appropriate?" asks an exchange. As far as we are concerned, they might as well make them of mercury.—Boston Transcript.

THE SPRING SUIT OF JERSEY



A spring suit of jersey will fill many needs and be voted a great success, especially if on the slim and boyish lines of this tailor.

SWEATER DRESS FOR KIDDIES

Knitted, Garments With Long Waists and Short Pleated Skirts Attract Attention.

Among the prettiest of children's clothes, writes a Paris fashion correspondent, are the smart little top-cots carrying all the fashion bling seen in the motor coats of grown-ups. Very abbreviated full coats are cut with kimono sleeves and narrow standing collars. They open in the front like a palmetto "smock" and are slipped on over the head. The standard collar usually fastens with a bow tie. The coat may be of gray or castor color, trimmed with bands of bright peasant embroideries.

The tailored suits for children are quite those of the grande dame. Nothing that goes with the dress of the grown-up is lacking. The most favored style is the straightline box coat, usually worn without a belt or, if a belt is used it is in the form of a trimming or side belt. A great many collars are of the Dutch type, which is so becoming to children. On cool days knitted sweater dresses, with long waists and short pleated skirts, are seen. Sometimes they are untrimmed and merely finished with a banding of the same material, and again the neck, sleeves and bottom of the skirt may be bandaged with a contrasting material. Many little girls are seen wearing bright colored homespun frocks embroidered in wool. One of yellow homespun was made with a long waist. The skirt was extremely short and full. The dress was trimmed with a running stitch of wool in several bright shades.

PRETTY CAMISOLE FOR GIRLS

Dainty Crepe De Chine or Mercerized Affairs Can Be Made With Slight Effort.

It is impossible for a girl to have too many camisoles. Dainty little crepe de chine or mercerized lawn affairs can be made in half of no time.

A strip of material a little wider in front than at the back and half as long again as the bust measurement of the wearer, an edging of Valenciennes or fine insertion (the straight edge is much smarter than scalloped lace edging), a hem for an elastic runner, ribbon shoulder straps and a little wreath of hand-made roses. That's all, but how attractive!

And about the shoulder straps. Give each shoulder two straps instead of the customary one. Set them across on the shoulders and hold them together with a wee rosebud or rosette of ribbon. This is the brilliant idea of a French woman, and straps made like this never slip or get uncomfortable.

FADS AND FANCIES

Spring models are characterized by the long waist and wide hip girle. Certain modish gowns made of gray cloth are trimmed with gray Persian lamb collar and cuffs.

Evening gowns designed in straight chemise style are smartest when they are made of gold, silver, or steel net. Brilliant-hued sashes tied low about the hips add a charming touch of color.

Becoming Style.

A new millinery model, particularly becoming to a brunette, has a circle of ostrich feathers in attractive shades of bronze and green and blue, over which falls a lace veil in tete de loge.

WANT PICTURES OF BEAUTIES

But Natives of Out-of-the-Way Places Have Their Own Idea of What Is Beautiful.

Meyer Krupp of Seattle, veteran trader of furs, who for 25 years has penetrated the out-of-the-way places in the Orient, says that even in islands that are uncharted and virtually unknown the beauty of American women is known. For, when trading sable skins, the natives demand in return pictures of "pretty women." Mr. Krupp takes on each trip hundreds of photographs of women. He selects the pictures at random.

One can never tell what the natives' demands will be for women's photographs, says Mr. Krupp, according to the Seattle Times. Blondes as a rule are much desired. One well-known motion-picture star, whose salary is reputed to be equal to that of the President, members of his cabinet and the director of the mint combined, would no doubt be shocked if she knew the lack of appreciation evidenced among the natives of her much-heralded beauty. The trader couldn't barter away one dozen of her photographs for the skin of an ordinary squirrel trapped out of season, while on the other hand an obscure member of a film company's extra crowd, a woman who has never once figured in a "fade-out," is all the rage among fur hunters. The traders and hunters talk over her picture in terms of sable skins.

ELECTRICITY IN HUMAN BODY

Alleged That Some People Can Produce Sparks That Will Light the Gas.

Almost everyone is familiar with what is known as static electricity. One rubs the cat's fur the wrong way and gets a little shock. The cat, however, must be a dry cat. Or one walks across a carpeted floor on a dry winter's day and then touches a radiator or some other metal object; whereupon there is a perceptible discharge from the body. It is said that some folks can light the gas in that way.

Anyhow, while sparks produced in this manner are ordinarily harmless, they are under some circumstances a source of serious danger. They cause a great many accidents in gasoline distilleries, explosive factories, flour mills, dry cleaning establishments, cotton-gins and threshing machines.

The National Association of Lye and Chlorine of the United States is now undertaking an active campaign to eliminate fires from this source. Static electricity can be produced only when the surrounding air is very dry. The most effective prevention is to dampen the atmosphere of factory rooms by injecting steam.

Wealth in Maine Fur Trade.

As for the fur trade in Maine, careful estimates place a money value of a million on this business. To be sure, this is through the figures reported by the state game department. But the official totals do not give the catch on thousands of farms where the boys do their own shooting and trapping; nor do they include many thousands of dollars' worth of furs shipped directly out of the state without check on them, says the Lewiston Journal. Many a farm is worth far more for the furs it bears than for the garden stuff it raises. The state is rich in skunks, for instance, which is one of the most valuable "crops" we have. Muskrats, though not so plentiful, when dyed form the fashionable "Hudson seal." Minks and racoons and weasels and foxes, with other game, constitute the bulk of this wealth.

Explaining the "Planetesimal" Theory.

The visiting star left behind a sun surrounded by a vast revolving cloud of matter that had been torn out of it. In this cloud were millions of small lumps of matter—called "planetesimals," or baby planets. One of them, a little larger than the others, became the nucleus of our earth. It picked up the smaller lumps that happened to be revolving about the sun in the same general path. Think of a molasses-coated baseball flying through an endless swarm of gnats. In the course of time—millions on millions of years—the earth picked up nearly all the baby planets within its reach.—Popular Science Monthly.

Left Her Wondering.

I was cleaning house, and was wearing an old dress. I went out the back door to shake the last rug and noticed a nicely dressed gentleman coming down the drive. As it is quite a distance from the road to our house, I decided I could tidy myself up a little before he arrived. So I changed my dress, brushed my hair and waited for the doorbell to ring. But I waited in vain. When I looked out of the window he had entirely disappeared. I wonder if he had been frightened away!—Exchange.

Heat From Oil and Coal.

It is generally recognized that under normal conditions 125 gallons of oil will produce about the same amount of utilizable heat as a ton of coal. With gas oil at the present price of eight cents a gallon, the relative expenditures would be \$12 for oil and \$14 for coal.

There You Have It.

"Do you know the difference between an artist and an architect?" asked Billy's father. "Yes," said the boy; "an artist draws something that is, and an architect draws something that isn't."

DEATHS

Trentman—Frank E. Trentman, died at 29 Concord street, Feb. 2. Funeral from St. Joseph's Church, February 7.

Cannan—Mary Cannan, died at 78-1-2 Ambrose St., Feb. 4. The funeral took place from Lady Chapel, Feb. 7th.

Holley—Morris Holley, aged 55 years, a former Lyons resident, died Feb. 3, in Rochester. Funeral Monday morning from St. Ann's Church, Palmyra.

Adamaki—Maryanna Adamaki died Monday morning, Feb. 5, at No. 1020 Hudson avenue, aged 66 years. Funeral Feb. 7, from St. Stanislaus Church.

Hughes—Mrs. Emma J. Hughes, Feb. 5, at St. Mary's Hospital, Immaculate Conception Church, Feb. 8th.

Lindner—Michael Lindner, died Monday, Feb. 5, aged 73 years. Funeral Feb. 8, at Holy Redeemer Church.

Corrigan—Joseph W. Corrigan, aged 28 years, died Feb. 5, at the Rochester General Hospital. Funeral from Hedges & Hoffman Funeral Parlor, Scio street, Feb. 8, and from Corpus Christi Church.

Bennett—Mrs. Marian Millner Bennett, aged 27 years, died Feb. 5, St. Michael's Church Feb. 8th.

Fetherston—Helen Fetherston, nurse of the Rochester State Hospital, died Feb. 7. Funeral from St. Boniface Church Feb. 9th.

Kolb—Dorothy Marie Kramer Kolb, died Feb. 7th, at No. 199 Leighton avenue, aged 24 years. Funeral Saturday, Feb. 10, from Corpus Christi Church.

Eaton—Ella Eaton, at her home on Klem road, Webster, N. Y., Thursday morning, Feb. 8. Funeral Saturday morning, Feb. 10, at Immaculate Conception Church.

O'Hare—Anna Ryan O'Hare, died in this city, Feb. 8. Funeral Monday, Feb. 12, Holy Rosary Church.

Smith—William Smith, aged 56 years, formerly of this city, died at Polyclinic Hospital, New York City, February 7. Funeral from Hedges & Hoffman, 73 Scio street, Monday morning, Feb. 12.

Gerhardt—Frank Gerhardt, on Feb. 7, in this city. Funeral February 10, at SS. Peter & Paul's.

Had Nothing Like That.

One of those affluent persons who can afford to go to Scotland for a little look around brings back the following story: "I was being shown the sights of Edinburgh. At each, apparently wonderful to the Scotchman who was acting as my guide, I guess I scoffed. Finally, as the sun was going down, he took me to the brow of a hill and pointed to three smokestacks, belching forth smoke. "That's nothing compared to what we have in Pittsburgh, or Gary, in my down state, or any number of cities in the United States, Douglas," I said. "Ah, my friend," he said, "those are the smokestacks of three breweries."

Cardboard Lighthouse.

On the beach of southern California, says Ship News (San Francisco), is a lighthouse made of cardboard. There is not a stone or a girder of steel in it. "To look at it from a distance, or even close up, one would never surmise that it was made of paper-box material. It is the only structure of its kind known. It also performs a most important service—in making movies. The torn rock shore on which it stands has been made picturesque by it."

Girl Would Be Soldier.

Becoming enamored with the army posters describing life in the tropics, a young girl dressed as a boy, tried to enlist in the army at Rochester, New York, recently.

Old Score.

"Hello! What happened? Motorcar accident?" "Nope. Met a fellow I ran over once and he recognized me.—Judge

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