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**Hate's Ill Effects**  
Hate, which clenches the fist of man, clenches equally the poison-sac of the snake and the sac of coloring matter which darkens the water as the sac of musk befools and poisons the air. We experience certain surface sensations in fury or terror which lead us to speak of "bristling with rage," or of the hair standing on end with terror.  
Among the animals we may see the phenomenon taking place, and this rising of the hair is again only the result of our old friend muscular compression. How strong that action must be we may judge from the behavior of the "fretful porcupine," for in the lifting of his quills we see that which we hear in our own voice.

**Starling Not Wanted**  
The starling is a prolific species, raising usually two broods of three to six young a year, and its rapid increase in numbers requires constant reaching out for new food supplies and nesting places. The undesirable qualities of the starling appear to arise from its choice of nesting sites in buildings, which it defaces, and its presence to drive native birds from the vicinity of houses. In the Old world the starling is harmful. Its habits, so far as its choice of food is concerned, have improved a bit in the New world, but taking it all in all the bird is an undesirable alien.—Chicago Evening Post.

**Gift of Tongues**  
A party of tourists from St. Louis were sight-seeing in San Francisco's Chinatown. One old Chinese was particularly courteous to them and they remarked on leaving his shop that the Chinese must be a pretty smart race of people.  
"No, no," he remarked bowing politely. "I don't know. China man not much smart. Come top-side California, stay ten, fifteen year, not talk velly good. Missoull man come here chop chop, stay two thlee month, talk plitty good."—Everybody's Magazine.

**Check on Oratory**  
At a recent conference a novel plan was adopted for restricting the length of speeches according to their interest. Each of the delegates was armed with a large card, red on one side, white on the other. After each speech had been going for some minutes delegates would begin to hold up their cards, red side toward the chairman. This was a sign that they were bored with the speech. Others who wished to hear more would turn the white side toward the chairman, who was thus able to see at a glance whether the audience wanted the speech to continue or not.  
When the number of red cards exceeded the number of white cards the speaker was tactfully intimate to the speaker that time was up.

**Some Little Known Facts About Sleep**  
The harder a man works the less sleep he requires; strong coffee does not help to keep people awake; and anyone who goes without sleep for three nights in succession will feel far more tired on the second night than on the third.  
These startling statements have all been proved true by psychologists. The investigators believe that the human race sleeps too much. During a recent test nine people of each sex went without sleep for eighty hours. At the end of that time it was found that eight to ten hours' sleep was sufficient to restore them to normal.  
Exercise and moderate eating helped the subjects of the experiment to keep awake. They swam, ran, drove motor-cars, and played games. After forty-five hours of wakefulness it was found very difficult to drive a motor-car, but on the third night drowsiness almost completely disappeared, and driving became comparatively easy.  
Although physical strength declines as the result of any serious loss of sleep, mental alertness is in no way dulled.

**Ozone Produced by Seaweed in Decaying**  
The name ozone simply means "a smell," since long ago it was noted that oxygen through which an electric spark had passed gave off a peculiar smell, the scent which we perceive at electricity works or in some of the tube railways, where artificially produced ozone is employed to purify the air. In nature, ozone is found often in the atmosphere after a thunderstorm, or in very tiny quantities on mountains or at the seaside, or even in the country. Town air, laden with impurities, is impossible for it. So that there really is a certain amount of ozone present near the sea. It is not this, however, that the visitor smells—the proportion being far too small for notice—but the gas given off by decaying seaweed, the very pronounced odor from the latter being almost invariably put down as due to "ozone."

**Famous Art Work**  
A famous painting by Gerome is that of the victor of a gladiatorial contest standing over his vanquished rival, looking toward the spectators for their verdict. They are represented with thumbs down (the latter being the meaning of the words police verso), which signal meant death to the defeated. A well-known philologist has passed the opinion that "the thumb symbolized the short Roman sword, and the gesture which meant the death of the vanquished gladiator was given by turning the hand over, into an unnatural position, with the thumb (sword) pointing at the defeated man."

## The KITCHEN CABINET

(© 1926, Western Newspaper Union.)  
If ideas of health and triumphant achievement are brought into consciousness, we at the same time experience a state of energy, a feeling of courage and capability and joy and a stimulation of all the bodily processes.—Warren Hilton.

**FINE CAKES**  
As soon as eggs are reasonably plentiful we will enjoy a sponge cake occasionally.

**Golden Sponge Cake.**  
Beat seven egg yolks with a Dover egg beater until very light. Add one cupful of sugar a little at a time, still continuing to beat (use a wire beater), add one-half cupful of boiling water alternately with one cupful of pastry flour, sifting with two teaspoonfuls of baking powder and one-fourth teaspoonful of salt—sift three times. Add one teaspoonful of vanilla, pour into a greased and floured tube pan. Bake for fifty minutes in a slow oven.

**Maple Nut Cake.**—Cream one-half cupful of butter, add one-half cupful of sugar gradually, then add two egg yolks well beaten, and one cupful of maple syrup. Add the dry ingredients which have been sifted together twice, two and one-half cupfuls of pastry flour, one-fourth of a teaspoonful of cinnamon, two and one-half teaspoonfuls of baking powder, one teaspoonful of salt and one-fourth teaspoonful of grated nutmeg. All sifted twice. Beat thoroughly and fold in the stiffly beaten egg whites. Pour into a well-greased and floured tube pan and bake for forty-five minutes. Cover the cake with maple icing and decorate with halves of walnut or pecan meats over the top and sides.

**Pecan Cake.**—Cream three-fourths of a cupful, add one cupful of sugar gradually; beat three egg yolks and add to the creamed sugar and butter, then add one-fourth cupful of molasses. Sift two cupfuls of pastry flour with two teaspoonfuls of baking powder and one teaspoonful of nutmeg and one-half teaspoonful of salt; add to the above mixture alternately with one-half cupful of grapefruit. Fold in the stiffly beaten egg whites. Chop slightly one pound each of seeded raisins and pecans, add one-half cupful of candied orange peel cut fine. Do not beat, pour into a tube pan lined with greased paper and bake for three hours in a slow oven.

**Wasp Takes High Rank as Builder of Nests**  
Wasps are the master architects of the jungle.

Masons, tailors, carpenters, decorators, paper manufacturers and builders of skyscrapers: all of these trades and many more are open secrets among the wasps.  
There appears to be almost an esthetic sense among some species, writes Paul Griswold Holmes of the Bruce museum at Greenwich, in Nature Magazine. I have found the exquisite homes of the Nectarina wasps so beautifully decorated in color that I could scarcely believe my eyes.  
These little wasps are found in colonies. They are rather timid and seldom sting. One may disturb their nests with impunity. The nests are of paper, constructed by macerating wood pulp into paper ribbon. The color of this basic material in the case of the species in question is coppery brown. When the nest is almost finished it is beautifully decorated by the addition of stripes and bands of pure white. These are laid on in interesting designs.  
The bottom of the nest is pure white, as a rule, but in one memorable case all the white portions were washed with the most delicate shades of pink and green.  
Within the nests are tiers of hexagonal cells of paper, wherein the young wasps are reared, after the fashion of other paper wasps.  
The walls of nests are often as thin as tissue paper, and it is surprising how they withstand the tropical downpours.

**A Lucky Lie**  
John Silver was surrounded by friends. And how must friends be entertained? By some sort of story surely. Silver thought for some time, and began:

"I don't know if any of you knew it, but I am going to Mexico next month."  
"You are really going to Mexico?" "And why shouldn't I go to Mexico?" asked Silver.  
In the manner of friends they replied:  
"Every other man dies of malaria."  
"It is simply unbearable with poisonous fogs."  
"You have to go to bed with a revolver in one hand."  
"What's more, Silver, very few people ever come back."  
And then Silver exclaimed, heartily: "Well, it certainly is a lucky thing it was lying!"

## Elder Believed Tree on Which Judas Died

Jew's ear, as the name of a fungus, is a corruption of Judas' ear, given to it because the fungus referred to is often found on the elder, on which tree Judas is supposed to have hanged himself.

It is curious that on account of this connection with Judas the fungus should have "become a famous medicine in quinsies, sore throats and strangulation ever since." Why the elder should have been selected as a gallows for the traitor apostle is, considering the usual size of the tree, puzzling enough, says a writer in the Chemist and Druggist, but Sir John Maundeville (or the romancer who wrote under that name) tells us that when he was at Jerusalem the very tree on which the hanging took place was still in existence near the Pool of Siloam.

**A Hard Rain**  
"I spent last summer at Nantucket," writes a reader, "and one day I went to one of the wharves to hire a sailing-boat and overheard an old Nantucket skipper, who was mending his nets, discussing the rainfall of the night before with one of the summer guests."

"That was a terrible storm we had last night," said the visitor. "I never saw so much rain fall in so short a time."

"Yes, there was quite a bit of rain fell last night," replied the skipper. "But, if you want to see some rain, you should go to the Amazon. Ten years ago I shipped with a tramp steamer and down near the Amazon there was so much rain fell one evening that you could drink the fresh water off the top of the ocean!"—Youth's Companion.

**Paying Life Insurance**  
A leading life insurance company says the practice of life insurance companies concerning the termination of policies on persons who outlive the highest age of the mortality tables on which their rates are based is not uniform. Most companies pay the face of the policy to all those who reach the highest age of the mortality table. Since most companies do their ordinary business on the American experience table, this age would be ninety-five years. However, many companies operate on different tables of mortality and some companies hold the face of the policy and pay it with accumulated interest at 4 per cent to the beneficiary. The general practice is to pay the face of the policy to the insured at whatever age the reserve equals the face of the policy.

**Dry Candidates**  
The first Presidential candidate of the Prohibition party of the United States was James Black of Pennsylvania, who was nominated at the party's national convention, held in Columbus, Ohio, in 1872. He received 5,608 votes, was a native of Lewisburg, and died in Lancaster, Pa., 33 years ago.

In 1876 Green Clay Smith was the dry standardbearer and got a total of 3,552 votes. Neal Dow received 10,300 votes in 1880, and John P. St. John was given 151,800 votes four years later.

In 1888 Clinton R. Fisk received 249,907 votes. The party's high water mark was reached in 1892, when John Bidwell's vote was 264,132.

**Tip to Busy Men**  
There arrives via Berlin this story of a new dean of the faculty of philosophy at Leipzig university; besieged by a caller who would not depart, the dean eventually rose, took up his hat, said to the caller, "Excuse me, sir, for taking up so much of your time," and bowed himself out of his own house.

This impresses us as the perfect technique, with distinct advantages over any other method which has yet been tried.—New York World.

**Do You Drive A Buick?**  
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It will soon be spring and with that season comes moving time. About April 1st a lot of people decide to change their residences and that period means the business time of the year for the various hauling and moving firms of the city. That time will be unusually busy for George M. Clancy Carting Company, 287 Webster Avenue, well known local mover.

The George M. Clancy Company service has long been known and appreciated in Rochester. Rush or no rush, this company is prepared to take care of your moving. At all times an efficient force of employees is a part of their service. Men who have studied the business of moving and know its every in and out, are the ones selected by this firm. As a result when the moving is completed, you find that every article has been handled with the same care that would be experienced were the furniture the property of the draymen.

It will soon be moving time and if you are considering changing your residence it would be wise to try the George M. Clancy Carting Company brand of excellent service. Call Stone 719.

## The 18th Ward Bakery Doing Big Business

The products of a bakery are perhaps the most used of any necessity in the homes. Consequently they are of the utmost importance to all. To meet with the satisfaction of everyone, it is necessary that those products be not only tasty but pure. The laws, with the various inspections during the year look after the purity of the products to a certain extent. And right there the 18th Ward Bakery takes up the problem and completes it in every detail.  
The selection of the ingredient is one of the important problems of a bakery. This branch of the business is not slighted at the 18th Ward Bakery at No. 437 Parsells Avenue, Telephone Culver 2614. Only the purest and best are used in the products. As the result of careful supervision of the work, the products are bound to be better than those of other shops. And the taste is not neglected, the experience of the employees looks after that. Consequently from pastry to bread, all of their products are of the highest quality.

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