

Relief Beins and Derby

Women must prepare themselves to wear these hats at a new angle this autumn. The wide-brimmed models have been banished to the realm of the old-fashioned by Parisian authorities, and will it be believed that has come, (by that we do not mean hats, which will undoubtedly remain in vogue) notes a Paris fashion writer in the New York Times.

Young youthful boyish effects the style is swinging to the romantic expression of the Second Empire. The hat with a moderately large brim, a well-defined crown and a touch of feather ornamentation will make its appearance in the early autumn, according to reports from Paris and metropolitan models are being shown.

The fall mode is guaranteed to be generally becoming to young girls. This was that of the spring and summer. Miss Paton, Talbot, Eber, Agnes, Deane, among others, are bringing their hats down onto the brow and permitting them to lie with comfortable dash over the right eye, sweeping much of the hair on the left.

Nutrition Necessary to Add the Finishing Touch

With the early and material is essential to the health of the body. It is a fact that the body is made up of cells and that these cells are constantly being renewed. The body is a machine and like any machine it needs the proper fuel to run. The food we eat is the fuel that provides the energy for the body to function. Without proper nutrition, the body will become weak and prone to disease.

Multiple Handing Should Be Selected With Care

It had been carefully some people select multiple because that one accessory is perhaps the most difficult to buy when it does terrible things about dressing with the rest of the outfit. One can hardly sit on it or bend it without it is a chair, nor can one use it with the edge of a coat or over the top of a hat. It must be used in a certain way, and it is a pity that the woman who must be smart in a limited income needs to think about it and buy before making the purchase.

Benefit of White Satin

Beneficial to the skin black or dark complexion is probably worn woolen goods of a fine texture is the secret of white satin. It is a soft and delicate fabric that is easy to wear and designed to be used under the skin.

Flowers Worn in Collare

Flowers in the hair—which now seems almost a folk-custom—are smart in London this season.

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Chinese Dainties

By BETTY BARCLAY

Here are two dainties that will surely please and surprise your guests. Both are nutritious and both contain sugar, a quick-energy fuel that carries the body over from luncheon to the heavy evening meal.

Hongkong Chicken 2 cups cold cooked chicken, diced 1/2 cup celery, sliced 2 onions, sliced 1/2 cup crushed pineapple, drained 1 teaspoon sugar Salt and pepper 1 tablespoon butter

Celestial Almond Cake 1/2 cup blanched almonds 1/2 cup butter 1/2 cup sugar 1 egg 1 cup flour 1/2 teaspoon almond extract

Raspberry Ice Cream 3 packages raspberry junket 1/2 pint cream 1 1/2 pints milk

Summer Meat Dishes

By BETTY BARCLAY

Here are two little meat dishes that fit well into the summer food list—economical, healthful and easy to prepare.

Rice and Ham Gravy 4 tablespoons salad oil 1 slice of cured ham 1/2 cup water

Meat Pie With Rice Four cups cooked rice, 1 onion, 2 cups tomatoes, 1/2 teaspoon salt, 1/2 teaspoon pepper, 1 to 1 1/2 pounds raw meat or left-over meat, cut up small.

SS. Peter & Paul's Auxiliary Plans Annual Picnic

SS. Peter & Paul's Ladies Auxiliary, No. 44, Knights of St. John, have its annual picnic at South Park on Thursday afternoon, August 31st. Automobiles will meet the trolley at 3 P. M. and carry the members to Grounds No. 1, where a program of sports will be run off.

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Tributes To Monsignor Nolan

By BISHOP O'HARA

In the death of Monsignor Nolan the Diocese has lost one of its most outstanding prelates and the city of Rochester one of its finest citizens. For thirty-five years he has served the Church and the community in the work of religion, education and divine betterment, and during all of the years of his priesthood the three dioceses of Rochester learned to lean upon him for wise counsel, helpful advice and diocesan administration.

None Held Warmer Spot It is safe to say that no cleric has ever held a warmer spot in the hearts of his fellow priests than Monsignor Nolan. Today they bow with their bishops in sorrow and mourning for one who they had learned to know, esteem, reverence and love.

By Archbishop Hanna In the death of Monsignor Nolan we lose a noble, faithful priest and a loyal worker in the upholding of Rochester. I will be with you in spirit Wednesday and pray peace to the dear soul.

Rev. D. B. O'Rourke Is Named Pastor Mt. Read Church

Succeeds Rev. John P. Quinn, Who Retired Because of Illness—Rev. I. X. Cameron Goes to Hornell.

The Rt. Rev. John Francis O'Hara, D.D., Bishop of Rochester, has appointed the Rev. Daniel B. O'Rourke pastor of the Church of Our Mother of Sorrows, Mt. Read. He succeeds the Rev. John P. Quinn, who retired because of illness.

Rev. I. X. Cameron Goes to Hornell. The Rt. Rev. John Francis O'Hara, D.D., Bishop of Rochester, has appointed the Rev. I. X. Cameron pastor of the Church of St. Ignace, Hornell. He succeeds the Rev. John P. Quinn, who retired because of illness.

Sailor Hat Is in Style for the Summer Season A lock of dyed corn silk, a bit of brocade, a clipped egret or a crystal-headed tassel—behold, you have a hat of the moment.

The Shoe Rebuilder's Dream The shoe rebuilder dreamed one night that he was in his shop. When a weary stranger came his way, and for a rest did stop.

Shoes Require Care to Keep Them in Condition Isn't one of the most vexing problems you have to solve in putting your possessions in order this question of where you can put your shoes?

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VARIED USES MAKE PAJAMAS POPULAR

New Models Are Not the Least Mannish.

Pajamas and still more pajamas. Every time you go shopping you are reminded of their varied usefulness. Lounging pajamas, sleeping pajamas, pajamas for boating, for the beach, and the new dancing pajamas! One must indeed have a very deeply ingrained prejudice against this entire masculine fashion to resist the temptation of buying dozens of them, says a fashion writer in the Washington Star.

Actually there is nothing the least bit mannish or even boyish about most of the new pajamas. They may be as frivolous as you wish. Gone completely is the old notion that a sleeping pajama had to be simply tailored and devoid of dainty ornamentation.

There are special boating pajamas, also, not much different from beach pajamas in construction, but usually carrying out the nautical motif in color or design.

Plaid Finds Favor for Almost Every Occasion

Plaid for every occasion is the fashionable by-word. The model shown herewith is a crepe frock in brown and white plaid, accompanied by white accessories.

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Are We Becoming Fructarians?

By BETTY BARCLAY

How much fruit are you eating today compared with that eaten five or ten years ago? Perhaps you have never thought of such a question, but if you are one of those mythical individuals often designated as "Mr. Average American" or "Mrs. Average American" you are eating a great deal more.

In the first place, you are eating fruits today that you never heard of in your youth. Then again, modern transportation has given you year-round fruits, where formerly you had seasonable fruits. Or, to be more explicit, the breakfast orange of today, without which your morning meal would be ruined, is merely the outgrowth of the "Christmas orange" that once invaded you on the 25th of December and then disappeared for an entire year.

Incidentally, the per capita consumption of oranges, lemons and grapefruit from California alone, this year amounted to two dollars and fifteen cents, while the average family spent no less than nine dollars and thirty-three cents. In addition to that, oranges, grapefruit and lemons from other states and other countries were consumed, while apples, peaches, plums, and the bulk of various kinds grown in various places, have also been enjoyed.

Probably advertising has a great deal to do with it, for the grocers and marketers of fruit have been diligent in advertising their wares. It is not surprising that the increased consumption of fruit, they found themselves in better physical condition than they had been for years.

Through the ages we allowed ourselves to drift into an improper diet. Our hard-fisted forefathers who worked outdoors 16 hours a day, were able to meet such quantities of meat as they needed. As a result, a generation followed generation, we not only shortened our hours of toil, but we crawled indoors, and we began to linger with our foods. The whole-hearted bread of grandfathers a day left our festive boards, and present-day refined and super-refined flour was used to make this so-called staff of life.

We took a certain amount of exercise, but before long our stomachs proved quite intolerant of the fat holes of beef, or a walk around the city hall would not take the place of ten hours in the saddle or the cutting down of a dozen hemlock trees. Our stomachs rebelled, and the more refined but fat, the more rebellious and bilious they became. We were loading up with carbohydrates and proteins, and our medical men began to discover diseases that great-grandfather had never heard of.

Articles on food began to appear in newspapers and magazines. Then a magazine dealing with food made its appearance. Another followed, and another, and another. Editors of metropolitan papers began to look around for women to conduct food columns. Dietitians began to multiply. Diet kitchens were instituted. Schools began to teach cooking, balanced diets, and so forth. Health foods and stomach cures appeared almost together. Physical culture resurgences became the vogue. Vegetable platters, balanced meals, fresh fruit juleps, minerals, oils, yeast foods... oh, anyone who has lived during the last twenty years can remember what happened.

Today the average American can talk intelligently to some extent on food. Unless some faddist has gotten hold of him and assured him that he must do this or do that in order to be healthy again, he has a pretty good idea of what he should eat in order to keep from getting too fat, or from bringing back some of the ills of former days.

He knows that most of us eat too much meat, bread and other starches and carbohydrates. He knows that few of us drink enough milk, and if he is well read, he knows that children may be fed milk in stew or pudding form when they refuse to drink it clear. He knows that "more milk, more fresh vegetables and more fresh fruit" is a slogan by which millions are today arranging their diet. He knows that our latest discovery deals with acidity, and that this milk, vegetable, fruit diet is the easiest way in the world to bring about the desired alkaline reaction in our bodies.

The Orange and Lemon Even the orange and the lemon have an alkaline reaction when taken into the body. As a matter of fact, the word "even" is poorly chosen, for these fruits are noted for their decided alkaline reaction. Although many think of them as acid fruits, the acid they contain is not the acid that we find injurious, but one that combines with this injurious acid to produce an ultimate alkaline reaction.

Are we becoming fructarians? Apparently we are. Let us hope so, at any rate, for with the exception of a very few fruits like cranberries and plums—all fruits are alkaline. Green vegetables, particularly leafy vegetables, are in the same class. Rhubarb is not, but we hardly know whether this is a vegetable, herb, weed, fruit or weed.

Not I do not advocate "no meat, no bread, no potatoes at all." This, too, is a foolish food standard. But instead eating a second helping of steak, I suggest a fruit cup or a side dish of spinach. Instead of a second helping of potatoes, let us have an attractive salad. Instead of a heavy dessert, let us have a light whip, cream or pudding filled with fresh fruit. Instead of tea and coffee for the kiddies, let us have milk—even though we may have to serve it as a dish of junket in some other light dessert form.

Then our health will be so great that we will not care whether we are fructarians or not—but the millions of acres of orchards, the hundreds of thousands of carloads of fruit, and the numerous fruit stores that are springing up overnight, make me feel that we will be fructarians, if we are not already.

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