

## FEVER'S AFTER EFFECTS

Did Not Disappear Until the Blood Was Renewed by Dr. Williams' Pink Pills.

Typhoid fever is sometimes called nervous fever. During the course of the fever the nerves are always profoundly disturbed, and when it is over they are left so sensitive that the patient has to be guarded against all excitement. In the tonic treatment then demanded, regard must be paid not only to building up flesh but also to strengthening the nerves. A remedy that will do both, make sound flesh to repair waste and give new vigor to feeble nerves, is the most convenient and economical. Such a remedy is Dr. Williams' Pink Pills for Pale People.

One proof of this is the experience of Mr. Charles Worth, of East Vassalboro, Maine. He says: "I had a severe attack of typhoid fever late in the fall which left me very weak and debilitated. My heart palpitated, my breathing became difficult after the least exertion and there was numbness in both hands. I suffered in that way for fully six months. As I did not grow out of it, did not in fact see the slightest improvement as time passed, I decided to use Dr. Williams' Pink Pills as I knew of some cures they had effected in cases like mine. "Almost as soon as I began taking them I could see decided improvement and after keeping on with them for several weeks I was completely well. I consider Dr. Williams' Pink Pills a most valuable remedy, and I am in the habit of recommending them to others afflicted as I was."

When the nerves ache and tremble it means that they are starting. The only way to feed them is through the blood, and the best food is Dr. Williams' Pink Pills. They are absolutely guaranteed to be free from opiates or other harmful drugs. They are sold by all druggists, or may be obtained directly from the Dr. Williams Medicine Co., Schenectady, N. Y.

### Proved Her Prophecy True.

"You will end on the scaffold," said the sweetheart of Namon Fernandez, of Madrid. "They shall not call you a liar," said Fernandez, and shot her dead.

## TEA

This is a better country because we are in it—tea country.

And that isn't all.

Write for our Knowledge Book, A. Schilling & Company, San Francisco.

### "Thanks!" Is Enough for a Nickel.

A man gave a baby a nickel this morning. The baby is a year old, and didn't say thank you. "That is the most impolite child," the man said to the mother, "I ever knew."—Aitchison Globe.

### COMMON SENSE.

A large Minneapolis manufacturing concern, The Pillsbury Co., are employing a unique method in advertising their product, "Pillsbury's Vitos, The Meat of the Wheat," in appealing to the "Common Sense" of the American public.

Their assertions are modest as compared to most of the cereal food advertisements of the last few years, but they carry a ring of truth. Their reasoning is certainly rational; here is some of it:

"We all believe that Wheat is the best cereal the Creator has given mankind."

Pillsbury's Vitos is nothing more nor less than the white heart of this wheat kernel, cut out by steel machinery and sterilized—nothing added—nothing taken away—no adulteration—no flavoring—no coloring—no cooking.

This product comes to your table in its pure, white, granular form, an appetizing dish for young and old. Easily digested because it retains its granular form when cooked, never lumpy or pasty.

A two pound package makes twelve pounds of pure white cooked food, and Pillsbury quality too. Two generous dishes for one cent.

We have no competitors because we are the largest millers in the world and get the best wheat. Your grocer will gladly fill your order for Pillsbury's Vitos because he knows he sells you satisfaction. Vitos is put up only in two pound packages—air tight. Price 20c. Don't be without it."

### Swimming in Public Schools.

Swimming is part of the curriculum of the public schools of Yarmouth, England. The boys are taken to the shore in parties and are trained till they can swim fifty yards in the sea.

## TEA

Tea thoughts are like dream thoughts, not tied to our cares and sorrows.

### Rules for British Sailors.

British sailors are not allowed to carry umbrellas or sticks. An officer in uniform is permitted to carry a stick ashore.

Ask Your Dealer for Allen's Foot-Ease A powder. It cures Swollen Feet, Hot Calluses, Aching, Sweating Feet and Ingrowing Nails. At all Druggists and Shoe stores, 5c. Accept no substitutes. Sample mailed FREE. Address, Allen S. Olmsted, LeRoy, N. Y.

### Temperance in India.

The sale of beer has fallen off greatly in India of late. Owing, says an official report, to "the spread of temperance principles in the army."

## TEA

Fine tea brings-out conversation if anything will; it compels to a little leisure.

## SIMPLE RULES OF HEALTH

Prevention of Disease, Rather Than Cure, Should Be the Aim

**Flies as Carriers of Disease.**  
In an address before the California Health Association, Dr. Cobb called the attention of the medical profession to the necessity of an active crusade against the common house fly.

"This pestiferous insect has many chances to communicate disease from one person to another. In cholera epidemics it has been shown that flies are the means of spreading the disease by infecting the food."

Whenever large bodies of men go into camp, typhoid fever is almost certain to break out, even though the water supply is carefully protected from contamination. Such outbreaks are due to fly-infection of the food supply. Scattered cases of typhoid fever in country settlements are more often the result of fly infection than of water infection.

Dr. Cobb believes that tuberculosis is communicated not only through the lungs by means of contaminated dust, but that the greater source of infection is by means of the fly planting sputum on the food from its feet, wings, and excretions. This infection by flies has been proved very clearly.

When the habits of the fly are considered, it is not unreasonable to believe that this insect is an important factor in the spread of disease. They swarm upon decaying vegetable matter, manure piles, the filth of the streets, privy vaults, and every possible source of infection. Follow them then to the street vendors of fruit and candy, the bakery, butchershop and restaurant, and even to the family table, especially of the poor, and it is not difficult to understand the ease with which germs of all kinds are conveyed to the food.

It may be affirmed, however that in the process of cooking, the bacteria will be killed. This is granted, but it is not here that the danger lies. It is from food which is eaten raw, or which has been cooked and upon which the fly afterward alights that the greatest danger of infection occurs. The longer this food remains uneaten after this contamination, the greater the probability that a colony has grown, thereby increasing the dosage of infection.

It is in the homes of the poor that the greatest danger arises. The poor nearly universally leave their tables set with cold food left from the previous meal. Upon this food flies assemble in great numbers, and from time to time the children help themselves, the remainder of the food being served at the next meal. It is therefore necessary to combine for the extermination of this pest. Housewives especially should be careful to prevent this source of dangerous infection.

### A Window Tent.

A medical journal describes a window tent devised for the open air treatment of tuberculosis. It consists of a frame to fit the lower half of the window, to which is attached inside the window an awning of water-proof duck, stretched in a quarter-circle. The bed is placed parallel with the window, so that the invalid's head and shoulders are within the awning, entrance being made through a flap in the side of the tent. The lower edges of the duck at the head and side of the bed are long enough to tick under the mattress, and thus air from the room is thoroughly excluded. The frame of the tent does not quite fill the lower half of the window; for the escape of warm air from the room there is left a space of three inches, which can be reduced at will. For protection from storms the roof of the tent projects slightly beyond the window, and a roller blind is placed inside the window.

### Do Not Wave the Handkerchief.

At a meeting of the Women's Christian Temperance Union in Cincinnati, one of the speakers was welcomed with the usual Chautauquan flutter of handkerchiefs throughout the auditorium, and the compliment was accepted with proper satisfaction. Soon afterwards, says Good Housekeeping, an inconveniently practical and learned delegate created quite a sensation by declaring that this handkerchief salute was a most unhygienic performance, which was quite competent to account for the colds and coughs that it was apparent had a wide distribution among the delegates. It was moved that the delegates, "like sensible people, keep their handkerchiefs in their pockets, where they belonged, except when in necessary use, and that the saluting be done with little silk flags provided for the purpose."

The proposition met with lively opposition, and it was argued against with no little acerbity, but in the end common sense and faith in the microbe theory triumphed, and the motion was carried by a vote of one hundred and thirty-four to ninety-one.

That this reform has already "taken hold" is attested by the fact that when a party of woman suffrage delegates departed for Europe they were waved away by a fluttering cloud of little flags. In commenting on this the Medical Record says, "It is a grave sanitary question whether the handkerchief does not do more harm than good, as it is ordinarily used. Most nasal catarrhs are of an infectious character, notably those of a grip origin. Worse than the nasal discharges are the expectorations that find their way into the pocket. The good women in the convention certainly deserve great credit for calling attention to the dangers of the handkerchief."

### Hay-Making for Fun at Eighty.

A press dispatch from Bridgeport, Conn., gives an interesting account of the oldest twins in the country, Julius and Junius Benham, who recently celebrated their eightieth birthday hay-making on their farm in Seymour.

"Hay-making is great fun," said Junius, "and I feel as if I could mow away hay up in the peak of the peak of the barn as I used to in days long ago, and mowin' away hay is about the hottest work there is to be found in summer."

The Benham twins are remarkable men. They are far from being in invalids, though they have arrived at the age when most persons are usually feeble. Beginning life as apprentices to a mason, they worked up and later became builders and contractors.

Some years ago the Benhams gave up building and settled down to the care of the real estate they had acquired in their long residence in Bridgeport. Every morning at eight o'clock the twins will be found at their office opening their mail and preparing to drive about the city to collect rents and look after their property.

"We always got up early in the morning," said Junius, when spoken to about the hour of rising, "and we can't get out of the habit."

The twins are in excellent health.

"People ought to be cheerful if they want to live to be old," said Junius. "Look at brother Junius and me. No boys of the present day ever had as hard a time to get along as we did when we started, but we had what a good many boys of to-day do not have. Our mother gave to us iron constitutions, the greatest present a mother can give to her boys, and we had been taught to live according to the simple and clean rules of the country. We lived clean lives always. We never drank liquor nor used tobacco. Money spent for such things is worse than money thrown away, but many of the boys to-day seem to think they can't be men unless they drink liquor and use tobacco. Why, we would never have lived to celebrate our eightieth birthday if it had not been that we lived right lives. You can enjoy yourself without going contrary to Nature's laws. There is plenty of harmless fun in the world, but it seems to me that people are looking for the fun nowadays that hurts rather than helps."

### The Starvation Cure.

Starvation as a means of cure is by no means a new idea. It is very old. Most good things are old, and things altogether new are seldom good. Very few original discoveries are made nowadays.

Long fasting is one of the most effective means of securing thorough going constitutional reconstruction. It compels the body to feed upon itself. In the rebuilding, defects may be left out, and healthy conditions may be re-established.

But this result may be secured by other and generally safer means. It is not so much the withholding of food, but of certain elements of food, which secures the benefits of fasting. It is the proteids, from which the system in diseased condition manufactures the poisons, which give rise to rheumatism, biliousness, neurasthenia and gout. When proteids are withheld, the formation of poisons soon ceases of necessity, and thus the disturbed functions return to their normal state and the health is restored.

By a diet of fruit this condition may be secured as readily as, perhaps more readily than, by any other means. The fruit diet is really proteid starvation, as fruits contain practically no proteids.

Certainly a fruit diet is far more agreeable than total abstinence from food. Fruits contain predigested food elements which do not clog the system, and which are valuable in sustaining the strength.

Fasting is a good thing in certain cases; but long fasts are rarely needed, and a fruit diet is preferable in all essential particulars, except in certain cases in which fruit acids are irritating, as in gastric ulcer.

### The Need for Recreation.

Rest restores again the energy which has been consumed in work. So long as one is able to restore his lost energy by sleep and rest, he cannot become neurasthenic. But when a man comes to the point where he can no longer restore by rest or sleep the loss of energy which has occurred, he necessarily becomes neurasthenic, because his nerve cells remain chronically in that exhausted condition.

This is the reason a vacation sometimes does so much for one, completely replenishing the exhausted store of energy and saving one from a complete breakdown.

A good many men look forward for months to their annual vacation of three weeks in the summer, as their salvation. For five or six months afterward they enjoy very good health. Then their store of energy is exhausted, and the next six months are simply misery waiting for the breathing spell to come again. When the business man finds at the end of his three weeks' vacation that he has not yet recovered his natural energy, and he has to go back to his work in almost the same condition in which he left it, he has chronic neurasthenia, and is going to have a tremendous, perhaps an irreparable, breakdown, if he keeps on in that way. When a man discovers that he has reached that point he ought to stop at once.

### Elephants Had Fine Feed.

Five elephants crested an extraordinary scene at the goods station of Battignolles the other day. They are being kept at the station while quarters are being got ready for them, but managed to break loose from their stables. At this time of year the station dispatches enormous consignments of fruit, which the elephants scenting at once began to devour. Charries, peaches, apricots and strawberries disappeared by the hamperful at a prodigious rate. Some porters sought to stop the desert, but the elephants, using their trunks like cudgels, simply fogged them away and went on eating until they were literally gorged with fruit. Then they went back to their stables of their own accord. London Globe.

## TEA

The indulgence in tea is so very slight, that the pleasure escapes attention, unless one waits a bit.

Write for our Knowledge Book, A. Schilling & Company, San Francisco.

### Hours of Sleep.

Our ancestors had an adage that six hours' sleep was the proper quantity for a man, seven for a woman, and eight for a fool, says the Lancet. Whether it is that the strenuous life of the present day is akin to foolishness, or whether it is a simple phenomenon of evolution, it is certain that many of our busiest men find the last-mentioned allowance none too long for them. The quality of a man's work soon deteriorates if he takes insufficient rest.

Piso's Cure is the best medicine we ever used for all affections of the throat and lungs.—Wm. D. Exandary, Vanburner, Ind., Feb. 10, 1900.

### Start a Turtle Farm.

As there seems to be so much anxiety about the turtles, why don't some one fence off some salt water and start a turtle farm? There are terrapin farms; then why not logger head farms; the eggs are easy to hatch and the turtles would not be subjected to jiggers and sorehead like chickens, and as the wild turtles are about to be exterminated, the tame ones would bring good prices.—Sarasota (Fla.) Times.

## TEA

When we say "we," we mean your grocer. He's we and we're he. Moneyback does it.

Your grocer returns your money if you don't like Schilling's Best.

### Nothing to Talk About.

"I don't see how they find much to talk about," said a woman, speaking unobviously of the friendship of two other women. "Neither one has ever had a surgical operation."

## TEA

We are not a tea-drinking people; we should be staidier, if we were.

### Measuring Rain Drops.

The largest raindrops are about one-fifth of an inch in diameter. To determine the size rain is allowed to fall into a thick layer of flour, each drop forming a pellet of dough, and these pellets are compared with dough pellets obtained from drops of known size delivered on the flour by artificial means.

### Do It Now.

If you are about to make a trip anywhere, let me know. Please to give you full information as to low rates—plenty of 'em this summer—train service, etc. "The Santa Fe" trade mark is the sign of safety, speed and ease. C. F. WARREN, Genl. Agt., A. T. & S. F. Ry., Salt Lake City, Utah.

### Preserve Norway's Forests.

In Norway there is a law which prohibits any person from cutting down a tree unless he plants three saplings in its place.

## TEA

We stand or fall by our tea—Schilling's Best—and we're not going-down.

Your grocer returns your money if you don't like Schilling's Best.

### Germ Destroying Solution.

The inspector of the disinfection office of Turin, Italy, has instituted an innovation in destroying germs in dwellings. He uses a 1 per cent solution of sal soda for cleansing the floors, whereby the bacilli of diphtheria and typhus are killed in one minute.

### USE THE FAMOUS

Red Cross Ball Blue. Large 5-oz. package 5 cents. The Russ Company, South Bend, Ind.

### Catarth and Colds.

A person suffering from any catarth, whether of the head or chest, should sleep alone and if possible without another room occupant. Towels, soap, etc., used by the patient should not be touched by any other person. No one should "take" his breath and kissing must be forbidden by the domestic parliament. However, many good folks have lost faith in all precautions. When any member of the family has a cold they say resignedly that it is bound to go through the house and to tell the truth, it usually does.

### BATTLE-AX DID GOOD WORK.

Weapons Wielded by Brave Revolutionary Soldier.

This murderous looking battle-ax was wielded by Lieut. Daniel Knowlton, the friend of Israel Putnam, in the French and Indian war.

It consists of a spear for stabbing, a battle-ax and a scapling knife.

Lieut. Knowlton was awarded a bounty of \$10 for every Indian scalp. The pole is five feet long, and was detached from the weapon proper when in close quarters with the enemy. Lieut. Knowlton, who was an ancestor of the late Attorney General Hosea M. Knowlton and Judge Marcus P. Knowlton, entered the army as a spy at the age of 19 years.

He it was who shot down the would-be assassin of Putnam when the general had ventured too far from the ramparts of Fort Edward in 1757.

Thomas, the brother of Daniel, as



### Battle-Ax as It Looks To-day.

sisted in the construction of the famous rail fence which proved such an effectual barrier to the enemy at Bunker Hill, and elicited such approval from Washington that he commanded the countersign that night should be "Knowlton."

His statue adorns the Connecticut capitol grounds. Several historical institutions have asserted that this battle-ax is probably the only one of the kind in the country.

### MILKMAIDS SING AT WORK.

Music Proved to Have Good Effect on Field of Milk.

Dairy farming approaches nearest to perfection in Switzerland, and there the milk maid with the sweetest voice commands the highest salary.

The relationship between good singing and good dairy work was proved several years ago at a farmers' congress at Interlaken.

At Interlaken, in a milking contest three days' long, the same cows, milked in silence, yielded 200 quarts of milk; milked by maids with fair voices, they yielded 220 quarts; milked by maids with beautiful voices, they yielded 240 quarts.

This proof of a fact that had long been suspected set a premium on the milkmaids who could sing well. They who could not sing well took up at once the study of vocalization, and hence it is that Switzerland has so many singing schools.

Milking time in the little mountain republic is easily remarked by the tourist on account of the enormous volume of song that then soars up.

Silent milking, in the eyes of the frugal Swiss farmer, is almost a crime and the dairy maid, who milks in silence, is certain to be discharged.

Swiss maids who apply for places in dairies are examined as strictly in singing as in milking and butter-making.

### Ingenious Device.

The Icelanders have a strange but effective plan for preventing horses straying from any particular spot. If two gentlemen happen to be riding without attendants, and wish to leave their horses for any reason, they tie the head of one horse to the tail of another, and the head of this to the tail of the former. In this state it is utterly impossible for the horses to move on, either backwards or forwards.

If disposed to move at all, it will be only in a circle, and even then there must be mutual agreement to turn their heads the same way.

### Hay Beaters.

This simple machine, used in Serbia, is a sort of walking beam, which rises and falls as the women advance or step back, while a child at their feet passes the hay through.



Glow Worms as Cycle Lamps. Two cyclists at Rembury, near Tunbridge Wells, who had no lamps on their machines, picked up a number of glow worms which they found near the roadside and placed them on the handlebars. A constable smiled at the novel device and made no attempt to stop the riders.—London Telegraph.

## You be the Judge

TRY A CAN OF THREE CROWN



THE QUALITY BAKING POWDER

It will cost you nothing if it isn't the "Best of the good ones."

Hewlett Bros. Co.

Tin From Malay. The Malay states produce about seven-tenths of the world's supply of tin.

## TEA

Fine tea is so daintily fine that a man (or even a woman) may gobble it down without suspecting it.

Savings Banks vs. Saloons. In Norway on pay days saloons are closed and savings bank open until midnight.

## Beautify Your Walls and Ceilings!

Alabastine

A Rock Cement in white tints. Does not rub or scale. Destroys disease germs and vermin. No washing of walls after once applied. Any one can brush it on—mix with cold water. Other finishes, bearing fanciful names and mixed with either hot or cold water, do not have the cementing property of Alabastine. They are stuck on with glue, or other animal matter, which rots, feeding disease germs, rubbing, scaling and spalling walls, clothing, etc. Such finishes must be washed off every year—expensive, filthy work. Buy Alabastine only in five pound packages, properly labeled. Tint card, trowel wall and ceiling design. "Hints on Decorating" and our artists' services in making color plans, free.

### ALABASTINE CO.,

Grand Rapids, Mich., or 106 Water St., N. Y.

## HAVE YOU COWS?

If you have cream to separate a good Cream Separator is the most profitable investment you can possibly make. Delay means daily waste of time, labor and product. DE LAVAL CREAM SEPARATORS save \$10.00 per cow per year every year of use over all gravity setting systems, and \$5.00 per cow over all imitating separators. They received the Grand Prize or Highest Award at St. Louis.

Buying trashy cash-in-advance separators is penny wise, dollar foolish. Such machines quickly lose their cost instead of saving it.

If you haven't the ready cash DE LAVAL machines may be bought on such liberal terms that they actually pay for themselves.

Send today for new catalogue and name of nearest local agent.

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