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TO CURE HABIT OF BLUSHING.

Open Air Exercise and Companionship Will Do It.

The habit of blushing is almost invariably a cause of great annoyance to its possessors. Very frequently it seriously hampers them in the ordinary affairs of life, for blushing is accompanied by confusion of mind, nervousness and hesitancy. The two main points in the treatment of shyness, which is the great cause of blushing, are, first, open-air exercise, and, second, the society of others. Open-air exercise is good for all morbid disorders, such as excessive shyness, while the social life makes for self-control and that savor fair we all seek to attain; for the latter enables us to go through life without betraying awkwardness and timidity. Abnormally sensitive people may find the cure a lengthy one, but if they persevere the very mental effort which is put forth to accomplish the remedy will aid them in acquiring control over their tell-tale blushes.—New Orleans Times-Democrat.

Complaint of a Vulgarism.

Says a writer in the London Chronicle: "A vulgarism—one which, like 'aggravate' for 'irritate,' has come into use by way of the kitchen stairs—is 'demean,' with a sense of derogation or abasement. It is to be seen in many a paper and even many a book and heard in many a speech. It is the second syllable that has misled the popular understanding, but the noun 'demeanor' should have saved the educated from their blunder with the verb. When the cook refuses to 'demean herself' she is excusable, because 'demeanor' is not in her vocabulary."

Japanese Tea Party.

At a Japanese tea party the guests sit on cushions placed upon the floor and the tea service consists of a tea pot, a cooling pot, tea cups and a bachi to heat the water. The Japanese do not agree with us in thinking that boiling water should be poured over the tea, so when the water is boiled a little of it is placed in the cooler and then poured over the tea, which is allowed to steep for a few minutes. Boiling water is then added and the cups filled. Green tea is used, but no sugar or cream is added.

WEBSTER "A GREAT ANIMAL."

Wonderful Orator Seemed Half Asleep When Trying a Case.

"I heard him once in Faneuil hall, Boston. Every man in the audience—and the hall was crowded—gave one shout of applause at what Everett said. The subject I have entirely forgotten, but this fact I remember," says a writer in the Critic. I inquired if he had ever heard Webster produce such an effect on an audience. He said never; but he had only heard Webster in court; it was in defense of a celebrated criminal—perhaps the Phoenix bank case in Boston. "Mr. Webster seemed in a semi-dream. I thought him half asleep, for he had his eyes almost closed and was in a heavy state, taking little notice of what went on in court. William Debon, a brisk young man, sat near him and furnished him with law books and papers and acted as if he were there to keep Webster awake. There were three judges on the bench—probably Judge Shaw and two others—one on each side of aim. They watched Webster closely, for it would not do to neglect what he might say. He, on the contrary, appeared to take no account of other persons, as if his mind were anywhere but there. I fancied he was thinking what his next political move should be. He was a remarkable man to look at—far other than the ordinary run of men—I suppose the most remarkable American in his aspect that ever was seen. They thought so in England, where they stopped to look after him in the street. But he was heavy—a great animal, involved in his own dreams and paying little attention to what went on around him."

Light Housekeeping.

Oh, the kitchen was small as a doll's front hall. And the pots and pans were few; And a little stove was perched, by the fire, on a shelf. As the temper of Shakespeare's shrew. But I donned me a sack with the edge turned back. For the cap that goes with a chef. And the matter to clench, spoke mostly in French. And bade her call me "Joseph." She an apron found, and so tied it around Her ample form, in excellent taste: Was as dainty a cook as a fellow could brook. Without letting things go waste! And I said: "As a badge of your art, not Madge. But Annette's your name now, see? So remember, my dear, that while you're in her— You're French, as a cook should be!" Thus accoutered, we ran with the pot and the pan To practice the magical art; With a kiss at the toast—we essayed no roast— And a kiss at the omelet's start! And we kissed once more, too, as we stirred a stew. With a spoon and a snatch of song; With music and love and French and a love. Ah, how could the things go wrong? But they did, and oh, what a flood of woes Surged up as I looked at "Annette!" With pain in her eye as we both stood by The side of the ruined omelet! And the stew and the toast were also lost By an error we never divine! But we kissed again and were comforted when At a restaurant later we dined! —New Orleans Times-Democrat.

When the Bomb Burst.

The Sultan—"And how did it happen, vizier, that you failed to interpose your wordless body between your sovereign and the bomb?" The Vizier—"Pardon me, your highness, it was all over so quickly that there was no time to make a move." The Sultan—"A wise servant anticipates the danger of his master." The Vizier—"Had I anticipated the danger, your highness, I would have prevented the throwing of the deadly missile." The Sultan—"Then you are not good at anticipation?" The Vizier—"No, your highness." The Sultan, smiling—"In that case you have not anticipated the fact that I am about to fine you twenty purses of 100 sequins each, and in addition to present you with thirty lashes across the soles of your unanticipative feet." —Cleveland Plain Dealer.

It Was a Question of How.

Tom Nason, who lived at Bonny Eagle, Me., and "helped" my grandfather, who was "Uncle John" (Lane) on the farm, said one day: "Uncle John, I want 75 cents." Grandfather said: "What do you want 75 cents for, Tom?" "I want to buy a quart of rum," was the reply, "to keep Fourth of July." "Now, Tom," said grandfather, "can't you keep Fourth of July on a pint of rum?" Tom considered for a moment, and looking his employer straight in the eye replied: "Uncle John, perhaps I could keep Fourth of July on a pint of rum, but the question is, how would it be kept?" —Boston Herald.

Set a Hard Task.

Edwin Stevens, when he made up his mind to tackle vaudeville, for the first round selected Manager Meyer-felt, founder of a well-known circuit. The manager had a gruff manner and a German accent, and was, moreover, very busy. Turning on Mr. Stevens brusquely, he exclaimed: "Vell, vat do you vant?" "I would like to go into vaudeville," responded the candidate, meekly. "Vat do you do—vat is your line?" "I am a comedian," was the modest but very general answer. "A komiker, hein?" and the manager faced him sternly. "Vell, make me laugh."

Meribund St. Helens.

St. Helens is one of England's north-bound colonies, according to the report of the governor. It has a cable station and a garrison, but that is all. Only three British warships called during last year. Considering the proximity of St. Helens to the West African coast, and the splendid climate of the island the governor wonders that it is not used as a sanatorium by the navy.

THE IDEAL WIFE

Shapes the Destiny of Men—The Influence of a Healthy Woman Cannot Be Overestimated.

Seven-eighths of the men in this world marry a woman because she is beautiful in their eyes—because she has the qualities which inspire admiration, respect and love.

There is a beauty in health which is more attractive to men than mere regularity of feature. The influence of women glorious in the possession of perfect physical health upon men and upon the civilization of the world could never be measured. Because of them men have attained the very heights of ambition; because of them even thrones have been established and destroyed.

What a disappointment, then, to see the fair young wife's beauty fading away before a year passes over her head! A sickly, half-dead-and-alive woman, especially when she is the mother of a family, is a damper to all joyousness in the home, and a drag upon her husband.

The cost of a wife's constant illness is a serious drain upon the funds of a household, and too often all the doctoring does no good.

If a woman finds her energies are flagging, and that everything tires her, dark shadows appear under her eyes, her sleep is disturbed by horrible dreams; if she has backache, headaches, bearing-down pains, nervousness, whites, irregularities, or despondency, she should take means to build her system up at once by a tonic with specific powers, such as Lydia E. Pinkham's Vegetable Compound.

This great remedy for women has done more in the way of restoring health to the women of America than all other medicines put together. It is the safeguard of woman's health.

Following we publish, by request, a letter from a young wife.

Mrs. Bessie Ainsley of 611 South 10th Street, Tacoma, Wash., writes:

Dear Mrs. Pinkham—

"Ever since my child was born I have suffered, as I hope few women ever have, with inflammation, female weakness, bearing-down pains, backache and wretched headaches. It affected my stomach so that I could not enjoy my meals, and half my time was spent in bed."

Lydia E. Pinkham's Vegetable Compound Succeeds Where Others Fail.



Mrs. Bessie Ainsley

"Lydia E. Pinkham's Vegetable Compound made me a well woman, and I feel so grateful that I am glad to write and tell you of my marvelous recovery. It brought me health, new life and vitality."

What Lydia E. Pinkham's Vegetable Compound did for Mrs. Ainsley it will do for every woman who is in poor health and ailing.

Its benefits begin when its use begins. It gives strength and vigor from the start, and surely makes sick women well and robust.

Remember Lydia E. Pinkham's Vegetable Compound holds the record for the greatest number of actual cures of women's ills. This fact is attested to by the thousands of letters from grateful women which are on file in the Pinkham laboratory. Merit alone can produce such results.

Women should remember that a cure for all female diseases actually exists, and that cure is Lydia E. Pinkham's Vegetable Compound. Take no substitute.

If you have symptoms you don't understand write to Mrs. Pinkham, Lynn, Mass., for special advice—it is free and always helpful.

...WE...
TREAT and CURE
CATARRH and all curable diseases of the eye, ear, nose, throat, lungs, stomach, bowels, kidneys, bladder and all chronic, nervous and private diseases of both sexes, and diseases of children.
Home Treatment Course. Write for free symptom card if you cannot call. Consultation Free.
Special Offer in Private Diseases
Drs. A. J. Shores and G. W. Shores.
Unfortunately, of both sexes, who are suffering from Private Diseases—whether caused by ignorance, excess of contagion—have always been looked upon as legitimate prey by the Sharks and Christians who pose as "Specialists" and rob the sufferers for worthless treatment. DRUG STORES DO NOT ASK YOU TO PAY THEM ONE DOLLAR UNTIL CURED—UNLESS YOU WISH TO YOURSELF.
DR. A. J. SHORES
DR. G. W. SHORES

Physicians Recommend Castoria
CASTORIA has met with pronounced favor on the part of physicians, pharmaceutical societies and medical authorities. It is used by physicians with results most gratifying. The extended use of Castoria is unquestionably the result of three facts: First—The indisputable evidence that it is harmless; Second—That it not only allays stomach pains and quiets the nerves, but assimilates the food; Third—It is an agreeable and perfect substitute for Castor Oil. It is absolutely safe. It does not contain any Opium, Morphine, or other narcotic and does not stupefy. It is unlike Soothing Syrups, Bateman's Drops, Godfrey's Cordial, etc. This is a good deal for a Medical Journal to say. Our duty, however, is to expose danger and record the means of advancing health. The day for poisoning innocent children through greed or ignorance ought to end. To our knowledge, Castoria is a remedy which produces composure and health, by regulating the system—not by stupefying it—and our readers are entitled to the information.—Hall's Journal of Health.

900 DROPS
CASTORIA
A Vegetable Preparation for Assimilating the Food and Regulating the Stomach and Bowels of INFANTS & CHILDREN
Promotes Digestion, Cheerfulness and Rest. Contains neither Opium, Morphine nor Mineral. NOT NARCOTIC.
Letters from Prominent Physicians Addressed to Charles H. Fletcher.
Dr. B. Halstead Scott, of Chicago, Ill., says: "I have prescribed your Castoria often for infants during my practice, and find it very satisfactory."
Dr. William Belmont, of Cleveland, Ohio, says: "Your Castoria stands first in its class. In my thirty years of practice I can say I never have found anything that so blithely puts a child to bed."
Dr. J. H. Taft, of Brooklyn, N. Y., says: "I have used your Castoria and found it an excellent remedy in my household and private practice for many years. The formula is excellent."
Dr. Wm. E. Rosserman, of Buffalo, N. Y., says: "I am pleased to speak a good word for your Castoria. I think so highly of it that I not only recommend it to others, but have used it in my own family."
Dr. R. J. Hamlen, of Detroit, Mich., says: "I prescribe your Castoria extensively, as I have never found anything to equal it for children's troubles. I am aware that there are imitations in the field, but I always see that my patients get Fletcher's."
Dr. Wm. I. McCann, of Omaha, Neb., says: "As the father of thirteen children I certainly know something about your great medicine, and aside from my own family experience I have in my years of practice found Castoria a popular and efficient remedy in almost every home."
Dr. J. B. Clausen, of Philadelphia, Pa., says: "The name that your Castoria has made for itself in the case of thousands of homes, blessed by the presence of children, scarcely needs to be supplemented by the endorsement of the medical profession, but I, for one, most heartily endorse it and believe it an excellent remedy."
Dr. Channing H. Cook, of St. Louis, Mo., says: "I have used your Castoria for several years past in my own family and have always found it thoroughly efficient and never objected to by children, which is a great consideration in view of the fact that most medicines of this character are objectionable and therefore difficult of administration. As a laxative, I consider it the peer of anything that I ever prescribed."
Dr. R. M. Ward, of Kansas City, Mo., says: "Physicians generally do not prescribe proprietary preparations, but in the case of Castoria my experience, like that of many other physicians, has taught me to make an exception. I prescribe your Castoria in my practice because I have found it to be a thoroughly reliable remedy for children's complaints. Any physician who has raised a family, as I have, will join me in the heartiest recommendation of Castoria."
GENUINE CASTORIA ALWAYS Bears the Signature of *Charles H. Fletcher*
The Kind You Have Always Bought In Use For Over 30 Years.
EXACT COPY OF WRAPPER.

ON WASHDAY USE RED CROSS BALL BLUE PUTNAM FADELESS DYES
It whitens the clothes most beautifully and does not injure the finest fabrics. Your grocer sells it. A large 2-ounce package for only 5 cents. Remember the name and accept no other.
ON WASHDAY USE RED CROSS BALL BLUE PUTNAM FADELESS DYES
Putnam Dyes are brighter and better than any other dye. One 10-cent package colors 200 washings and makes 100 washings last longer than 100 washings of any other dye. Write for free booklet—Free to Dye, Bleach and Stain Goods. Putnam Dye Co., Boston, Mass.

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Better Overall Can't be Made

HALL'S CANKER AND DIPHtherIA REMEDY
FOR THE MOUTH, THROAT, STOMACH AND BOWELS... NEVER FAILS...
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W. L. Douglas shoes are made in the U.S.A. by the W. L. Douglas Shoe Company, Lowell, Mass. Sole agents for W. L. Douglas shoes are Naldon-Judson Drug Co., Salt Lake City, Utah.

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For sale at drug stores. Write for free booklet and book of instructions, Mrs. S. Patten Gossard, Boston, Mass.

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W. N. U., Salt Lake—No. 36, 1905.