

DEATH SEEMED NEAR.

How a Chicago Woman Found Help When Hope Was Fast Fading Away. Mrs. E. T. Gould, 914 W. Lake St., Chicago, Ill., says: "Doan's Kidney Pills are all that saved me from death of Bright's Disease, that I know, I had eye trouble, backache, catches when lying abed or when bending over, was languid and often dizzy and had sick head-aches and bearing-down pains. The kidney secretions were too copious and frequent, and very bad in appearance. It was in 1903 that Doan's Kidney Pills helped me so quickly and cured me of these troubles and I've been well ever since."



Foster-Milburn Co., Buffalo, N. Y. For sale by all druggists. Price, 50 cents per box.

Wood for Pencils.

The amount of wood which is used every year for the manufacture of pencils is almost incredible. Nearly 4,000 acres of cedar trees are cut down annually for this purpose alone, and of these 2,000 acres are in Florida. In Bavaria alone there are some forty pencil factories.

TEA

Schilling's Best is a Challenge: almost nobody takes the money, almost nobody takes the money.

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

Verba Buena.

The Spanish words yerba buena once the name of what is now San Francisco, mean good herb. It is the name of an aromatic vine plentiful in California and was considered by the old Californians as possessed of great medicinal virtues.

TEA

There's a time to remember, a time to forget: it is tea time; remember your joys and forget your sorrows.

Had the Desired Effect.

"Try to look a little pleasanter," said the photographer to Mr. Tye-Phist. "Remember, I am making these pictures at half my usual rates. There, that will do nicely."

USE THE FAMOUS

Red Cross Bull Blue. Large 3-oz. package 1 cent. The Russ Company, South Bend, Ind.

Bats Close School.

Thousands of bats took possession of a schoolhouse in Nedding, Cal., and the school had to be closed till the intruders could be ousted by means of burning sulphur, etc.

TEA

Tea is tea sometimes and at some houses; at other times and at other houses, what do you think it is?

In every package of Schilling's Best Tea is a booklet: How to Make Good Tea.

The Marriageable Age.

Women have been steadily growing younger. The elderly woman has almost entirely ceased to exist. If we are all going to live to be a hundred or more, fifty or sixty will presently be regarded as the marriageable age for maidens.—World.

RESTORED HIS HAIR

Scalp Humor Cured by Cuticura Soap and Ointment—After All Else Had Failed.

"I was troubled with a severe scalp humor and loss of hair that gave me a great deal of annoyance and inconvenience. After unsuccessful efforts with many remedies and so-called hair tonics, a friend induced me to try Cuticura Soap and Ointment. The humor was cured in a short time, my hair was restored as healthy as ever, and I can gladly say I have since been entirely free from any further annoyance. I shall always use Cuticura Soap, and I keep the Ointment on hand to use as a dressing for the hair and scalp. (Signed) Fred K. Busche, 213 East 5th St., New York City."

What the Hens Do.

The hens in the United States now produce one and two-third billion dozens of eggs a year, and at the high average price of the year the hens during their busy season lay enough eggs in a single month to pay the year's interest on the national debt.

Do It Now.

If you are about to make a trip anywhere, let me know. Pleased 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.

Faith Call on Bugle.

A barracks in a garrison town in the south of England was all torn up suddenly by the sound of the "fare alarm"—on a bugle. The excitement disappeared when it was ascertained that the bugler had sounded the call in mistake for "Fall in."

CARE OF THE BODY

How to Acquire and Retain the Priceless Possession of Good Health

Milk as a Source of Infection.
The Anti-Tuberculosis Society of Battle Creek, Mich., gave an interesting exhibition recently at the Sanitarium in that city. The state inspector of milk, assisted by the local health officer and the superintendent of the sanitarium at Battle Creek, Mich., has been investigating the condition of the dairies that supply milk to the people of the city, and the results of the investigation, as shown by stereopticon views, afforded an object lesson that must certainly be effective.

Photographs were taken of the barns and stables where cows are kept, and of the barnyards, and pictures of these were thrown on the screen. The farmers around Battle Creek are certainly as enterprising as those in any other section of the country, and conditions there may be taken as a fair average; yet the dairy inspector for this district stated that there were but few dairies where the conditions were strictly sanitary and proper, while there were many which were decidedly the reverse. Views were then shown upon the screen, from photographs recently taken of dairy barns and yards, some showing extremely bad conditions—stables full of filth and barnyards where cows stood in ponds of manure water which could not fail to contaminate their drinking water supply. Dirty cows can give only dirty milk, and such milk is unfit for human food. Other pictures showed proper cooling facilities where the milk was cooled as soon as it was taken from the cow, and without contamination from stable odors, and where the cows had clean, light and well ventilated stables. Photographs were also shown of various "cultures" as affected by diseased milk, as they appeared under the microscope. First, a photograph of a "culture" from pure milk was thrown on the screen. It showed merely a blank space. Then samples of the growths in the ordinary milk were exhibited, and all manner of germ colonies were revealed—typhoid, diphtheria, tuberculosis and others. It is safe to say that few who saw the exhibition will henceforth use milk without knowing definitely the conditions under which it was produced. It was encouraging, however, to know that the dairymen show a commendable alacrity to improve conditions.

No human being could live where the majority of cows are stabled without speedily contracting fevers and consumption; and investigations have shown that cows are no less susceptible. In this one item of milk, we have the source of a vast deal of tuberculosis and typhoid, which is wholly preventable. This being the case, the continuance of such conditions is a crime. Let every community organize itself into a health society, and demand, for one thing, a pure milk supply, and the good results will speedily be manifest.

Help for the Poor Consumptive.
The following appeal to philanthropists, in the fifth revised edition of the Illinois State Board of Health's circular on the Causes and Prevention of Tuberculosis, has attracted wide attention: "Simple as may seem the directions to the sufferer from consumption; plain as may be the course by which he may find health and may be given a new lease of life, it must be remembered that there are, among the five million people of the great state of Illinois, hundreds of sufferers who are unable to avail themselves of even these simple means of cure. Fresh air, sunlight, proper methods of living and reasonable rest are not available to the man who struggles night and day for the mere necessities of life. The hard-worked woman with helpless children depending upon her must labor in the dark and dingy sweatshop and live in the stuffy tenement, although she may know that in such surroundings consumption is rapidly placing the mark of death upon her. The poor consumptive must live.

"No better opportunity for practical charity ever existed; no greater privilege was ever offered than is held out to him who would provide the means for the poor consumptive to regain his health and face the battle for life and for existence on an equal footing with his fellows. Those who are giving fortunes for the advancement of education, of science, of art and even of religion, will do well to pause and consider if saving the life of our fellow man and restoring him to the helpless ones dependent upon him is not a nobler and a better thing than the elevation of culture to its highest plane or the carrying of learning to the natives of foreign shores."

Woman's Secret Wish.
Miss Frances Willard was a great lover of what she called the big, blessed, inspiring "outdoors." "We women," she said, "shall never rest until we rest once more in our paradise regained. I wonder if this is not a secret wish in every woman's soul. It astonished and amused me not a little, though there was really untold paths in it, when a bright young friend of mine responded to my question, 'What do you think I should really enjoy most of anything on earth?' with the astonishing statement, 'Well, in spite of your demure ways and devotion to philanthropy, I really believe you'd like best of all to put on a gymnasium suit and climb a tree!'

The Dress of Women.

The old Greeks had a proverb expressing their belief that the mother should be strong and vigorous in order that the sons might be brave and mighty in battle; accordingly, in the palmest days of Greece, laws existed which required every woman to engage in the practice of gymnastics and to give minute attention to all the requirements of hygienic laws, not that she might be able to enter contests in the arena or to fight battles in defense of her country, but that her sons might be victorious in all the conflicts of life, in peace as well as in war. To be the mother of sons who were noted for strength, vigor and endurance was the highest honor any Grecian woman could enjoy.

Do all mothers think of these things when they treat their bodies very much as they do a mass of dough in making bread, molding it into such shape as may happen to suit the fancy of the reigning queen of fashion, without considering that the artificial shape produced may be in the highest degree incompatible with the physical health and conduce to no small extent to the constitutional feebleness which their unborn sons and daughters must hereafter endure?

Babies are simply buds; hence they must share the character of the parent stock. A weak-waisted mother transmits to her son or daughter a predisposition to a kindred feebleness of structure. The mother whose liver and stomach are so carried out of place that they cannot perform their functions in a proper manner, if she does not actually transmit to her sons and daughters a displacement of the stomach and liver, gives to them a predisposition to deformities of this sort.

That a large responsibility rests upon women because of their neglect to care for their bodies, and because of the homage they pay to fashion, cannot be doubted. The woman who starts out in good earnest to learn to live one hundred years, and who desires that her sons and daughters shall follow her in such a laudable undertaking, will certainly give this matter the careful consideration which will lead her to take her stand with thousands of other intelligent women who have declared their emancipation from the tyrannous fetters of fashion and who believe it their inalienable right to accept what civilization has so long denied them—the God-given freedom to breathe and move without restraint.

Laughter as an Aid to Digestion.

It is a great mistake to allow the mind to dwell upon the physical processes going on during digestion. If one keeps thinking about what he has eaten, or is just going to eat, and wondering whether or not it will agree with him, if he eats "with fear and trembling," so to speak, his state of mind has a depressing influence upon his stomach and that organ rebels.

The stomach is bashful, one might say; the stomach, the liver and other organs are sensitive to criticism and obstruction; hence, when one sits down at the dinner table and begins to talk about his "peristaltic woes," his stomach will very likely get into a sort of stage fright so that it cannot do its work and it will have to suspend business for a time.

The movements of the stomach during the process of digestion are similar to the motion of churning. When one is dressed properly, every time he takes a breath the diaphragm comes down with a good hearty squeeze upon the stomach and shakes it up; the stomach is in this manner jolted back and forth, and that is a part of the digestive process. This is why breathing exercises after breakfast and dinner are valuable.

Laughter is technically called cachination, and when one cachinates well, his diaphragm shakes his stomach well; it is a kind of merry dance; the stomach "trips the light fantastic toe," so to speak, and the food is set into such a commotion that the digestive process is thereby hastened.

A hearty laugh stimulates the vasomotor centers and the spasmodic contraction of the blood vessels causes the blood to flow quickly, sending a warm glow to the feet and limbs and enlivening the stomach into increased activity. There is no better aid to digestion than a hearty laugh.

Open-Air Treatment in City Hospitals.

The leading hospitals of the country are giving great attention to outdoor treatment. The nurses take their charges out in wheelchairs and on cots in great numbers whenever the weather will permit.

When visiting the state insane hospital located at Rochester, Minn., recently, the writer observed that a great number of the patients were out doors. Some of the men were engaged in an animated game of baseball, which was watched by hundreds more, apparently with as much interest as is usually displayed on such occasions.

In the plans for the nine-million-dollar hospital to be built in New York to take the place of the old Bellevue hospital buildings, ample provision is made for wide balconies communicating with every pavilion, and for a great roof garden, so that all the patients will have an opportunity for contact with the outdoor air. The outdoor treatment is a measure of the greatest importance, and is destined to receive increasing attention.

CHRONIC ERYSIPELAS

Cured by Dr. Williams' Pink Pills, Although Whole Body was Affected.

Erysipelas or St. Anthony's fire is a most uncomfortable disease on account of the burning, the pain and the disfigurement; it is also a very grave disorder, attended always by the danger of involving vital organs in its spread.

The case which follows will be read with great interest by all sufferers as it affected the whole body, and refused to yield to the remedies prescribed by the physician employed. Mrs. Ida A. Colbath, who was the victim of the attack, residing at No. 19 Winter street, Newburyport, Mass., says:

"In June of 1903 I was taken ill with what at first appeared to be a fever. I sent for a physician who pronounced my disease chronic erysipelas and said it would be a long time before I got well. Inflammation began on my face and spread all over my body. My eyes were swollen and seemed bulging out of their sockets. I was in a terrible plight and suffered the most intense pain throughout my body. The doctor said my case was a very severe one. Under his treatment, however, the inflammation did not diminish and the pains which shot through my body increased in severity. After being two months under his care, without any improvement, I dismissed him.

"Shortly after this, on the advice of a friend, I began to take Dr. Williams' Pink Pills for Pale People, two at a dose three times a day. After the second box had been used I was surprised to notice that the inflammation was going down and that the pains which used to cause me so much agony had disappeared. After using six boxes of the pills I was up and around the house attending to my household duties, as well as ever."

Dr. Williams' Pink Pills are sold by all dealers in medicine or may be obtained direct from the Dr. Williams Medicine Co., Schenectady, N. Y.

Slow Promotion.

Promotion in the Russian army is exceedingly slow. It takes sixteen to seventeen years for a captain to become a lieutenant-colonel, and fourteen years for a lieutenant-colonel to become a colonel.

TEA

Is there anything good that isn't advanced by good tea? Is there anything bad that isn't kept down by good tea?

World's Highest Structure.

The five highest structures in the world are the Eiffel tower, Paris, 984 feet high; the Washington monument, 555 feet; city building, Philadelphia, 535 feet; cathedral of Cologne, 511 feet; cathedral of Strasburg, 466 feet.

TEA

Of all the drinks that we drink, a nice cup of tea is the daintiest.

Benefited.

"Do you enjoy a holiday?" "No," answered the candid person, "but I derive benefit from one. After playing baseball or riding in crowded cars for six or eight hours ordinary work seems much pleasanter."

THOUSANDS OF LIVES SAVED

By "Mother's Medicine Chest" and Patent Prescriptions.

Commenting on attacks made by certain eastern publications on some of the best known and most valuable of the world's proprietary medicines, the Committee on Legislation of the Proprietary Association says:

"All through the country districts, in every state of the union, you will find in the farm houses the old family remedies, sometimes called 'patent medicines,' many of which have been in use in the same household for generations. Among such people the old-fashioned proprietary medicine, always at hand with full printed instructions for use, is one of the necessities of life.

"To families in the country many miles from a doctor such remedies are invaluable. 'Mother's medicine chest' has saved many a life and met many a threatening sickness at the threshold and turned it out of doors. So far from constituting self-prescription, as is often pretended, acquaintance with a 'patent medicine' often obviates the necessity of such a step; for here is a prescription already made up, the effect of which is well known. One of the greatest advantages of such medicine is that its constant formula gives it the character of a single drug, so far as uniformity of result is concerned, and the people who use it know from experience just what they can count on—which is more than can be said of many physicians' prescriptions frequently obtained at a far greater cost and trouble."

Planets and Satellites.

Recent discoveries seem to show that each of the larger planets is accompanied by bands of satellites relatively smaller than the minor planets, as the primaries are smaller than the sun.

TEA

The greatest tea-drinkers are full-bottom Dutchmen. There isn't much nervous prostration in Holland.

Whistle for Wounded Men.

A surgeon has invented a whistle which emits a very loud sound, with a slight expenditure of breath. It is for the use of soldiers when they are wounded and desire to attract attention.

HINTS FOR BUILDING.

Farm House of Moderate Cost.
The following plans provide in each case for an inexpensive main building capable of considerable enlargement and development without the undoing or alteration of practically any of the original work and the gradual erection of a convenient and commodious home:

A \$600 House.—The plan (Fig. 1, 2 and 3), provides a main building with a living room 15 by 15 feet, a back room 9 feet 6 inches by 10 feet 6 inches, with a commodious closet off, with a staircase from the first



Fig. 1.

floor, while upstairs are two chambers, respectively 15 by 15 feet and 9 feet 6 inches by 10 feet 6 inches.

A \$500 Addition.—The plan provides for a further addition when necessity for enlargement of the house arises and the financial condition of the owner permits. This addition will be 16 by 28 feet, providing on the first floor a living room and kitchen, and on the second floor a bed chamber. The kitchen will be 11 by 11 feet 6 inches, with a pantry and stairway to cellar. The walls of the main building are 14 feet and those of the addition 12 feet, the lower ceiling of the bed chamber over the living room proving no serious detriment in so large a room. The house, as completed, should have also a

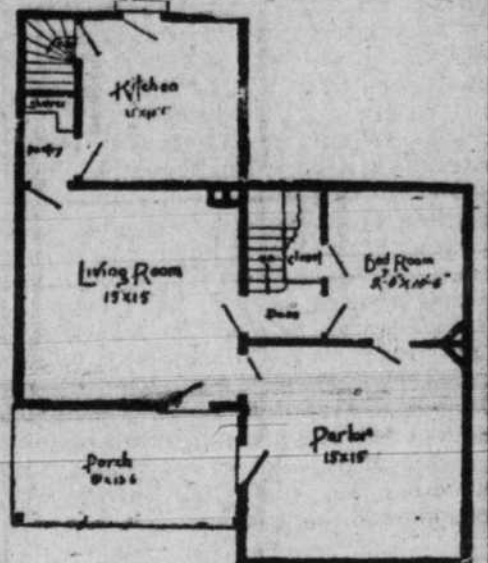


Fig. 2.

porch 8 by 16 feet, large enough to prove not only an ornament, but a great convenience during the warmer portion of the year.

Possible Enlargement.—Should additional room ever be required, one or two bedrooms can be added to the right of the kitchen. A simple extension similar to the kitchen across the back of the main building, would give a room opening off the kitchen 11 by 15 feet, which might be used as a bedroom or divided into store room, milk room, etc.

An equally feasible enlargement could be obtained by extending the main building 12 feet back. This would give the room already described off the kitchen and a chamber of equal size above, to be reached by providing a short stairway leading up from the first landing of the original staircase. The window in the back room on the first floor is placed in the side wall to allow of just such an

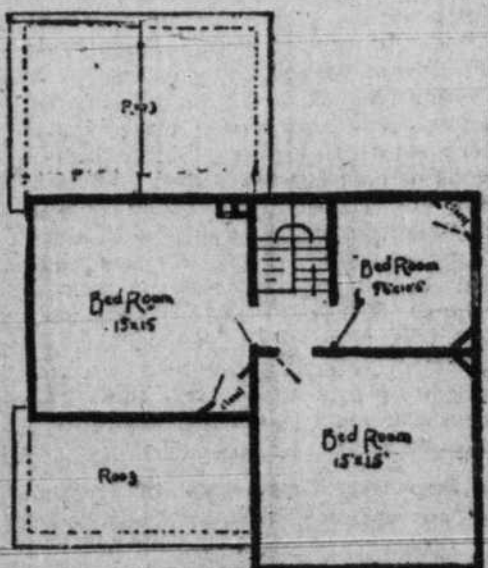


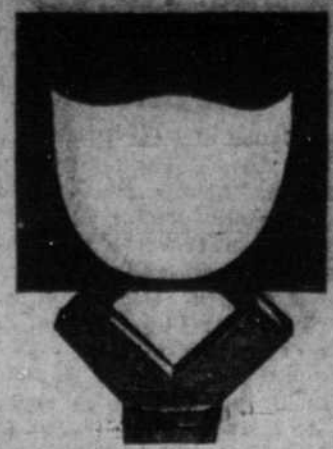
Fig. 3.

extension. Two chimneys built from the ground permit of heating every room except the last two suggested and should that addition be anticipated when the original structure is erected in an additional flue for that purpose could be added to the large chimney in the living room, the extra flue to project into the corner of the kitchen.

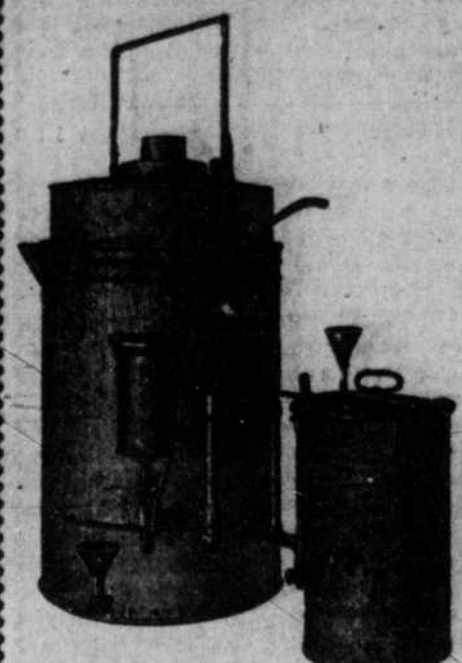
To Win in Life.

Do we not pay so much attention to mere material success that we exclude from mind and heart other things more precious? I am anxious (says Albert J. Beveridge) that every young man should win in all the conflicts of life—win in college and in business—but I am even more anxious that through all of his triumphs he should grow ever broader, sweeter and more kindly. After all, we are human beings. We do not want to be mere machines of 'success, do we? That is carrying our mechanical age a little too far. We want to keep that within us which makes our victory worth having after we have won it. What matter your mountains of wealth, or your network of political power, or those secrets which, in your laboratory, you have wrung from Nature—what matter all, and everything that the world calls 'success,' if the human quality has been dried up in you?

ARTIFICIAL SUNLIGHT



ACETYLENE GAS



PILOT Automatic Generators

can be installed at small cost in any home, large or small, anywhere. Acetylene Gas is cheaper than kerosene, brighter than electricity, safer than either.

Full particulars FREE for the asking.

Acetylene Apparatus Mfg. Co., 157 Michigan Ave., Chicago

Plan to Study Birds.

For the purpose of studying the habits of birds of passage a "vogel-warte" has been established at Rositten, in eastern Prussia, where birds are to be caught and liberated again after small rings have been attached to their feet. The directors request that the feet of such ringed birds killed anywhere be sent to them.

I am sure Pilo's Cure for Consumption saved my life three years ago.—Mrs. THOS. ROBERTS, Maple Street, Norwich, N. Y., Feb. 17, 1903.

Only To-day is Ours.

Today is a small space—only a lightning flash in the dark. But of all the unchartered ocean of eternity it is all that is really ours.—Exchange.

TEA

Good tea is better than poor coffee, and costs less money.

Go by the book.

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

Monte Carlo Cemetery.

The ruined gamblers who kill themselves at Monte Carlo are buried together in a cemetery within half a mile of the Casino.

TEA

There's a difference in advertisements. Also in tea.

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

What is the Answer?

Montaigne contended that there never where in the two opinions alike, and more than two hairs or two grains, and all men are interested in learning what their neighbors think.—New York Herald.

When You Come in

Turn remember to see the table silver and to get your watch fixed at

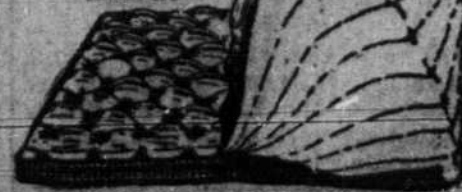
Established

1862



Reasonable Prices.

UTAH BEDDING & MFG CO'S COTTON FELL MATTRESS MANUFACTURERS



Utah Bedding & Manufacturing Co., SALT LAKE CITY, UTAH