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For Infants and Children.

The Kind You Have Always Bought Bears the Signature of *Dr. J. C. Fitcher* of **NEW YORK** In Use For Over **Thirty Years** **CASTORIA**

Vegetable Preparation for Assimilating the Food and Regulating the Stomachs and Bowels of **INFANTS & CHILDREN**

Promotes Digestion, Cheerfulness and Rest. Contains neither Opium, Morphine nor Mineral. **NOT NARCOTIC.**

Fac-Simile Signature of *Dr. J. C. Fitcher* **NEW YORK**

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EXACT COPY OF WRAPPER.

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PRACTICAL HYGIENE

The Proper Care of the Body

The Supreme Need of the Tuberculosis Patient.

In the Journal of the American Medical Association Dr. Norman Bridge calls attention to the fact that the tuberculosis mortality has been reduced in the last thirty years from 14.25 to 10 per cent of all deaths. These results are not accidental, but are clearly due to the increased knowledge of the best methods of treating this disease. In order to point out the best course he calls attention in the following words to some common errors still prevailing:

"Men grow fixed in their ideas; they come to regard their notions as immutable, and so are slow to discover and to change. It is somehow easier for us to think that quinine or cod liver oil, creosote or a change of climate; some inhalation of drugs or a so-called anti-toxin, is good for tuberculosis, than it is to understand that the great first purpose of all treatment is to increase the physiologic power of the patient to resist the disease and to destroy or circumscribe its cause within his own body."

"The sober fact confronts us that the one supreme need is for more power in the afflicted body to restrict or destroy the tuberculosis process. For our present guidance this truth is so vital that it takes rank with a confession of faith in religion."

"We have given our patients some drug, and have neglected the half dozen measures whose tendency is to increase the power of the patient. Thus we have often thrown away the great resources of rest, fresh air, outdoor life, changes in surroundings, and a systematic effort to increase the nutritive forces of the body."

"There is no objection to the tonic medicines, always provided they are understood to be minor and subsidiary things, never of great value, and to be used only as aids to the general measures referred to."

"To give drugs, while the patient is allowed to go in an unhygienic course of life without advice or correction, is an error awful in its results."

"Every one of these patients should be constantly supplied with outdoor atmosphere in such abundance that every successive inspiration brings a fresh dose of air to the lungs, and none from previous expiration. Every one should have long hours of rest—if feverish, the rest recumbent should be almost or quite constant, for exercise increases the fever. The digestive powers should be made to do their best, under the most careful supervision, toward improving the nutrition and possibly also the resisting power of the patient."

"Patients have been allowed to stay indoors without proper ventilation, and breathe a poisoned house-air three-quarters of the time. We have subscribed to the popular untruth—as pitiful as it is groundless—that patients in a gentle current of air called a draught are in danger of colds and other harm, and so we have kept them breathing over and over again their contaminated air. The truth is, one never takes cold in any draught, even a wind, if his body and head are kept warm by clothing. The advice of the profession ought to be to keep in a draught, never out of it; only it would lessen the business of the physicians while it would be of incalculable benefit to the people."

"A consumptive's body should always be well and equably clothed, and should never be hampered or restricted by garments. Snug corsets and conventional gowns are an absurdity for the tuberculosis woman; worn as they are by most such women, they frequently tip the scales in favor of death rather than recovery."

No Specific Medicine for Tuberculosis.

The Committee on the Prevention of Tuberculosis of the Charity Organization Society of New York, in its annual report recently issued published the following resolution:

"Whereas, There is no specific medicine for this disease (consumption) known, and the so-called cure, and specifics, and special methods of treatment widely advertised in the daily papers are, in the opinion of the committee, without special value, and do not at all justify the extravagant claims made for them, and serve chiefly to enrich the promoters at the expense of the poor and often ignorant or credulous consumptives; therefore,

"Resolved, That a public announcement be made that it is the unanimous opinion of the members of this committee that there exists no specific medicine for the treatment of pulmonary tuberculosis, and that no cure can be expected from any kind of medicine or method except the regularly accepted treatment, which relies mainly upon pure air and nourishing food."

Dr. S. A. Knopf states very emphatically that consumption is cured "simply and solely by the judicious use of God's fresh, pure air, sunshine, plenty of good water, inside and outside, and good food."

Nevertheless, new specific "remedies" for this disease are constantly being exploited. A Paris physician is now advocating injections of sea water into the tissues as a cure for tuberculosis. An American doctor is also experimenting with a compound of raw vegetable juices in connection with other diet. Both of these so-called remedies, however, have yet to be thoroughly tested.

In Summer Emergencies.

One of the most serious and frequent of summer emergencies is sunstroke. It might be termed "heat-stroke," since it may occur in the night, or in any place where the heat is excessive. A "muggy" day with a comparatively low temperature is more injurious than a dry, hot atmosphere.

Anything that causes a lowered vitality predisposes to sunstroke. Hence persons addicted to the use of alcohol are very frequent victims. The ingestion of large quantities of iced drinks predisposes to sunstroke. Constipation of the bowels is also a predisposing factor. A person in perfect health can endure very high temperature with little danger. It is only when the living machinery is doing imperfect work that sunstroke is possible.

A sunstroke is usually preceded several days before by feelings of ill health—loss of appetite, indigestion, constipation, scanty perspiration and indisposition to active exercise. The stopping of perspiration is an ominous sign.

When a person falls with sunstroke, he may complain of pain in the head or over the heart. The skin is hot and dry, temperature very high—106 to 108 degrees, with disturbances of respiration and pulse, nausea and vomiting, insensibility and stupor, weakness, or even complete paralysis.

The patient should be removed at once to a cool, shady place, his clothing loosened, ice applied to the head and spine, and cold water douches given; a cold bath can be used, also cold enemata. A very simple and effective treatment is the shower pack, which is given as follows: An ordinary mattress is covered with oilcloth, upon which the patient is placed, wrapped in a sheet, and sprinkled with cold water as often as the sheet dries by evaporation. Ice may be applied to the head at the same time.

To avoid sunstroke, see that the general health is good. Discard alcoholics and narcotics, use iced drinks sparingly, especially when warm, keep the bowels active, and use an abundance of fresh fruit. A cold sponge bath in the morning, adding a little salt to the water, followed by a vigorous rubbing, is a simple and valuable stimulus to the healthy action of the skin.

The treatment for sunstroke is cold applications, and practically nothing but cold.

Beds and Bedding.

There are still bedrooms wherein can be found reminders of a bygone age in the form of unwieldy bedsteads with their monster bedposts and side parts almost as large as bridge timber, and which afford convenient camping grounds for vermin. Such bedsteads usually have for their immediate companions some of the old fashioned bed springs, which appear very crude when compared with the elegant and simple springs now found in all up-to-date homes.

The simple iron bedstead, with its woven wire springs, provided with some of the later contrivances to prevent sagging in the center, represents the highest form of evolution in the line of beds. It is comfortable, readily moved about, easily stowed away, and, best of all, affords no lodging places for either dust or vermin. It can be readily cleaned if for any cause it has been exposed to dangerous infective disease, and for its very simplicity and neatness is a suitable ornament for any bedroom.

The passing away of "the good old days" has deprived us of much that was substantial and real, which has been replaced by the shallow and artificial, but it is certainly a matter for congratulation that modern civilization has emancipated us from the pestiferous feather bed that used to be passed down from generation to generation as a cherished heirloom. The old-fashioned quilts which were recovered again and again at "quilting bees," gradually became liable to the same objection as the time-honored feather bed.

It should always be remembered that bed clothes are not warm in proportion to their weight, but just to the extent that they have the ability to retain heat, and that this depends more upon the looseness of their texture than upon the amount of cotton that can be matted together and covered again and again with new quilting.

All bedclothes, without regard to the material from which they are constructed, should every week spend a few hours becoming acquainted with sunlight, and thereby have the additional advantage of thoroughgoing outdoor ventilation.

What He Wanted.

Most people would rather take a few bottles of some drug periodically, in hope of thereby counteracting the bad effects of their unhygienic habits, than reform their course of life and live healthfully. The Mother's Journal contains a suggestion which such would do well to ponder:

"A certain dissipated youth, on consulting a noted physician in Paris, was given a set of hygienic rules, and assured of a speedy cure. But that was not at all to the young gentleman's liking. 'Any fool,' he said, 'would know he'd get well if he did that, but that's not what I came for. I want medicine.'

"He wanted to button his coat over a dirty shirt!"

AS THEY ARE TOLD.

Native Servants in India Interpret Orders Much Too Literally.

Native servants in India have the generally desirable thought sometimes inconvenient virtue of the Chinese—doing exactly as they are told. The trouble is that they seldom use judgment.

Lord Roberts, during a campaign in India, had ordered his man to prepare his bath at a certain hour. One day a fierce engagement was going on but the servant made his way through a storm of bullets and appeared at the commander's side.

"Sahib," said he, "your bath is ready."

Even a better story comes from an unknown soldier, who was awakened one morning by feeling the servant of a brother officer pulling at his foot.

"Sahib," whispered the man—"sahib, what am I to do? My master told me to wake him at half-past 6 but he did not go to bed till 7."

Whittier's Good Wishes.

A young woman once sat at a boarding-house table beside a reserved and awkward country boy whom she delighted to tease. When she left she asked him to write in her autograph album. The poem which John G. Whittier wrote there, and which has just been published for the first time, stands as a warning to other young ladies that she who laughs first at a seemingly dumb countryman may be herself laughed at many years later. The quaint concluding stanza is:

"Thy life—may nothing vex it,—
Thy years be not a few,
And at thy final exit
May the devil miss his due."
—Boston Transcript.

Came Near Finding Out.

Among examples of American humor recently given in the Nineteenth Century and After is a story which a bright ornament of the English bench is said to have told more than once.

A speaker in a Western town had started out to show that there might be great differences between national and local reputation. He had said, "A man can't always tell what his neighbors think of him," when he was interrupted by one of his hearers.

"I came mighty near knowing once," said the man, with a reminiscent look, "but the jury disagreed."

Find New Rubber Trees.

It is reported that a new kind of rubber tree has been discovered in the island of Madagascar, said to contain much caoutchouc juice, which coagulates upon being boiled, producing 89 per cent caoutchouc of good quality. The tree is called "Pirahazo" by the natives and attains a height of over forty feet. It is found in groves in the northwestern part of the island near Ambovo an dis marketed in Soocola. This caoutchouc has slight mineral ingredients.

NO TONGUE CAN TELL

How I Suffered with Itching and Bleeding Eczema Until Cured by Cuticura.

"No tongue can tell how I suffered for five years with a terribly painful, itching, and bleeding eczema, my body and face being covered with sores. Never in my life did I experience such awful suffering, and I longed for death, which I felt was near. I had tried doctors and medicines without success, but my mother insisted that I try Cuticura. I felt better after the first bath with Cuticura Soap and one application of Cuticura Ointment, and was soon entirely well. (Signed) Mrs. A. Etson, Bellevue, Mich."

Thousands of miles of southwestern Alaska are covered with primeval forests of yellow cedar and white spruce and balsam fir.

WOMEN'S NEGLECT

SUFFERING THE SURE PENALTY

Health Thus Lost is Restored by Lydia E. Pinkham's Vegetable Compound.

How many women do you know who are perfectly well and strong? We hear every day the same story over and over again. "I do not feel well; I am so tired all the time!"



Miss Kate McDonald

More than likely you speak the same words yourself, and no doubt you feel far from well. The cause may be easily traced to some derangement of the female organs which manifests itself in depression of spirits, reluctance to go anywhere or do anything, backache, bearing-down pains, flatulency, nervousness, sleeplessness, leucorrhoea.

These symptoms are but warnings that there is danger ahead, and unless heeded a life of suffering or a serious operation is the inevitable result.

The never-failing remedy for all these symptoms is Lydia E. Pinkham's Vegetable Compound.

Miss Kate McDonald, of Woodbridge, N. J., writes:

Dear Mrs. Pinkham:

"I think that a woman naturally dislikes to make her troubles known to the public, but restored health has meant so much to me that I cannot help from telling mine for the sake of other suffering women."

"For a long time I suffered untold agony with a uterine trouble and irregularities, which made me a physical wreck, and no one thought I would recover, but Lydia E. Pinkham's Vegetable Compound has entirely cured me, and made me well and strong, and I feel it my duty to tell other suffering women what a splendid medicine it is."

If you are ill, don't hesitate to get a bottle of Lydia E. Pinkham's Vegetable Compound at once, and write to Mrs. Pinkham, Lynn, Mass., for special advice—it is free and always helpful.

Compare

Pillsbury's Vitae with other cereals and you will instantly recognize **PILLSBURY'S PURITY** in the rich, white color of **PILLSBURY'S VITAE OF THE WHEAT**

which is actually the "Meat of the Wheat." It is the white heart of the wheat kernel, sterilized. Nothing added, nothing taken away.

Try this Common Sense Breakfast Food and you will never change it is **HEALTHFUL-SUBSTANTIAL-ECONOMICAL**

A 2-POUND PACKAGE MAKES 12 POUNDS COOKED—See the Economy!

PRICE 20 CENTS.

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We recently collected \$124 for Clark Bros., of Pleasant Grove. It was hard work, but we got it.

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TOP FLOOR COMMERCIAL NATIONAL BANK BLDG., SALT LAKE CITY.

FRANCIS G. LUTKE, General Manager. Some People Don't Like Us.

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TO CURE THE GRIP IN ONE DAY

PRICE, 25 Cts.

HALL'S GANKER AND DIPHTHERIA REMEDY

FOR THE MOUTH, THROAT, STOMACH AND BOWELS. NEVER FAILS.

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W. L. DOUGLAS

\$3.50 & \$3.00 SHOES

W. L. Douglas \$4.00 Gilt Edge Line cannot be equaled at any price.

\$10,000 REWARD to anyone who can disprove this statement.

W. L. Douglas \$3.50 shoes have by their excellent style, easy fitting, and superior wearing qualities, achieved the largest sale of any \$3.50 shoe in the world. They are just as good as those that cost you \$5.00 to \$7.00—the only difference is the price. If I could take you into my factory at Brockton, Mass., the largest in the world under one roof making men's fine shoes, and show you the care with which every pair of Douglas shoes is made, you would realize why W. L. Douglas \$3.50 shoes are the best shoes produced in the world.

If I could show you the difference between the shoes made in my factory and those of other makes, you would understand why Douglas \$3.50 shoes cost more to make, why they hold their shape, fit better, wear longer, and are of greater intrinsic value than any other \$3.50 shoe on the market to-day.

W. L. Douglas Strong Made Shoes for Men, \$3.50, \$3.00. Boys' \$2.00. Dress Shoes, \$2.50, \$2, \$1.75, \$1.50

CAUTION—Insist upon having W. L. Douglas shoes. Take no substitute. None genuine without his name and price stamped on bottom.

WANTED. A shoe dealer in every town where W. L. Douglas Shoes are not sold. Full line of samples sent free for inspection upon request. Fast Color Express used; they will not wear through. Write for Illustrated Catalog of Fall 1916. W. L. DOUGLAS, Brockton, Mass.

PAXTINE TOILET ANTISEPTIC

FOR WOMEN

troubled with its peculiar to their sex, used as a douche is invariably successful. Thoroughly cleanses, kills disease germs, stops discharges, heals inflammation and local soreness.

Paxtine is in powder form to be dissolved in pure water, and is for more cleansing, healing, soothing and economical than liquid antiseptics for all.

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For sale at druggists, 50 cents a box. Trial Box and Book of Instructions Free. THE R. FORTON COMPANY BOSTON, MASS.

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