

Woman's Page

How to Fight the High Cost of Living

Thrifty Housewife Lives Cheaply in Suburb—Health of Family Improves and Living Expenses Decrease—Ample Repaid For Living on the Land—Things Said of Womanhood—Advice to Young Mothers—Recipes.

LIVES CHEAPLY IN SUBURB.

Editor Standard Woman's Page: Living in a suburb where I can have a few chickens and a thrifty little garden, I find it quite easy to cut down the high cost of living. I, my husband, and our two young girls are all so much richer in health than when we lived in a city flat that doctors' bills are an unknown expense, and with plenty of plain, wholesome food and milk fresh from the cow the girls have not that craving for sweets so detrimental to the growing child. I do my own washing and ironing and in every way save the pennies; the children wear made over clothes, style is not such an overwhelming necessity; hats can be dispensed with when not worn for protection, as it is the custom to go without them in the summer; and while my husband has a long ride to and from business we feel that we are amply repaid for living on the land, away from the temptation to spend our substance and keep up with the growing demand for unnecessary expenditure.

THINGS SAID OF WOMANKIND.

Men always say more evil of women than there really is; and there is always more than is known.—Francis Endes Meseray. The test of civilization is the estimate of woman.—George William Curtis. A woman by whom we are loved is a vanity; a woman whom we love is a religion.—Emile De Girardin. Woman's cause is man's; they rise or sink together, dwarfed or godlike, bond or free.—Alfred Tennyson. A royal court without women is like a year without a spring, a spring without flowers.—Francis I. de France. What is civilization? I answer, the power of good women.—Ralph Waldo Emerson. The egotism of woman is always for two.—Mme. De Staël. Coquette—A female general who builds her fame on her advances.—Ernest Field.

FOR MOTHERS.

Gentle outdoor exercise, providing it is done without exposure to the heat of the sun and without fatigue, is especially helpful to the nursing mother. It promotes a healthy appetite, insures a proper digestion of her food and at the same time maintains a proper supply of nourishment for her baby. The best possible use should be made of the large parks. The young mother can spend many happy days in them if she will provide a few things for her own and her baby's comfort. She should have a hammock by all means, an extra cushion of two and an alcohol lamp to warm the baby's food. Having prepared for herself a good wholesome lunch, she should go to the park early in the morning and select a shady place where there are tables and benches. Then if she wishes to read or write, do her sewing or play with her baby, she can do so with the assurance that the time will be well spent, as she will be storing up health for future happiness.

SECOND AD WOMANS PAGE RECIPES.

- Cocoanut Macaroons. Whites of 5 eggs, 1/4 cup shredded cocoanut, 1/2 pound powdered sugar. Beat the egg whites until stiff and very dry, fold in carefully powdered sugar and the cocoanut. Mix very lightly. Drop by teaspoonfuls on a golden brown and, when cold, moisten on the under side of the paper so that the macaroons may easily be removed. Cocoanut Custard. One pint sweet milk, 2 eggs, 1/4 cup cocoanut, 2 tablespoons of sugar, 1/2 salt spoon of salt, 1/2 teaspoonful of cornstarch, 1/2 teaspoonful of vanilla. Dissolve the cornstarch in a little of the cold milk. Have the remainder of the milk hot in a double boiler and stir in the cornstarch. Cook ten minutes. Beat the eggs and sugar

together, pour the boiling milk over them and return to the fire until thick and creamy. Remove at once from the fire, set in cold water and stir until almost cold. Add the flavoring and cocoanut and pour into dish in which it is to be served. This is a delicious custard to pour over fruit or broken cakes or macaroons.

Waldorf Salad With Cocoanut. Sour apples, celery, nuts, cocoanut, cream. Mix one bowl each of sour apples, nuts and celery chopped fine. Sprinkle the top with shredded cocoanut and salt to taste. Whip some thick cream until very stiff, salt slightly and mix with the salad.

Cocoanut Drops. Grated cocoanut, white of 1 egg, sugar. To one cup of grated cocoanut add half its weight of powdered sugar, the white of one egg and flavoring to taste. Beat to a stiff froth. If not quite stiff enough, add a little more sugar. Drop on buttered paper and bake fifteen minutes in a hot oven. When cold, moisten the under side of the paper and the drops will easily slip off.

How to Make Your Hair Beautiful

Ten Minutes' Home Treatment Works Wonders, Stops Falling Hair, Itching Scalp and Dandruff and Makes the Hair Soft, Brilliant, Lustrous and Fluffy.

Better than all the so-called "hair tonics" in the world is a simple old fashioned home recipe consisting of plain Bay Rum, Lavona (decompose), and a little Menthol Crystals. These three mixed at home in a few minutes, work wonders with any scalp. Try it just one night and see. Get from your druggist 2 oz. Lavona, 6 oz. Bay Rum and 1/2 dr. Menthol Crystals. Dissolve the Crystals in the Bay Rum and pour in an 8 oz. bottle. Then add the Lavona, shake well and let it stand for an hour before using. Apply it by putting a little of the mixture on a soft cloth. Draw this cloth slowly through the hair, taking just one small strand at a time. This cleanses the hair and scalp of dirt, dust and excessive oil and makes the hair delightfully soft, lustrous and fluffy. To stop the hair from falling and to make it grow again, rub the mixture briskly into the scalp with the finger tips or a medium stiff brush. Apply night and morning. A few days' use and you cannot find a single loose or straggling hair. They will be locked on your scalp as tight as a vise. Dandruff will disappear and itching will be gone. In ten days you will find fine downy new hairs sprouting all over your scalp and this new hair will grow with wonderful rapidity. Any druggist can sell you the above. The prescription is very inexpensive and we know of nothing so effective and certain in its results.

BAPTISTS IN CONVENTION.

Detroit, May 21.—The largest gathering of Baptists ever held in the United States is assembled in Detroit for conventions which probably will continue more than a week. The principal convention is that of the Northern Baptist conference, consisting of pastors from churches north of the Mason and Dixon line. The women Baptist Home Mission society and the American Baptist Foreign Missions in addition to participating in the main convention, will hold meetings of their own during the week.

In their battle for clean, sanitary workshops and twentieth century treatment, Toronto, Canada, journeyman tailors have practically won out.

The largest percentage of factory workers under 16 are found in the South Atlantic states and Alabama; the next largest in Rhode Island and Massachusetts.

DAUGHTER OF DANISH PREMIER TO WED CARPENTER WHO'S OF HUMBLE PARENTAGE



Mrs. Bernsteln.

ATTACK THE WESTERNERS

Atlanta, Ga., May 22.—Drastic action was taken yesterday by the Southern Assembly in rescinding the order of a former assembly, which vested in the executive committee of the church the power of electing field and other secretaries. By yesterday's action the power of electing the various secretaries is restored to the general assembly.

A feature of yesterday's session of the Northern assembly was the spirited reply of Dr. Charles L. Thompson, New York secretary of the home missions board, to criticisms of the board's administrative policies and methods. He denied the board had done work other than that specifically directed by the general assembly, and accused the western Presbyterian of ingratitude as much work has been in their territories.

Construction of a \$40,000 memorial church in Washington to look after the interests of the church in national affairs was decided upon by the assembly. A resolution to this effect was presented in the report of the standing committee of the home missions board and immediately adopted. Funds necessary for the construction of the memorial church will be raised by congregational contributions of \$10 or more.

Assemblies of the three Presbyterian churches now holding simultaneous sessions and attending the Pan-Presbyterian pentecost here, will be convened next year in cities widely separated. This was assured when Kansas City, Mo., was chosen as the next meeting place of the Southern Assembly and New Castle, Pa., as selected as the 1914 assembly city because the United Presbyterian commissioners. Selection of a city for the northern gathering probably will be made Friday.

In proceedings of the northern assembly, several features developed points of unusual interest. Of primary was the adoption of a resolution directing ministers to make a personal appeal to sinners to accept Christ.

The Northern assembly adopted the resolution of the executive commission that the church erection board be directed to transfer \$500,000 from the John S. Kennedy fund to the loan fund for aiding feeble congregations to build churches.

To make it decide the approval of two-thirds of the assembly membership was required.

SHERIFF OUTWITS MOB OF LYNCHERS

Joplin, Mo., May 22.—After John Thralls, a miner, shot and killed Edward Skelton, a local Republican politician and former city councilman, in the latter's store here tonight a mob of several hundred men formed and threatened to lynch the slayer in custody of six officers. He was taken to the jail at Carthage, Mo., in an automobile. Believing that the prisoner had been taken to police headquarters, the mob gathered there, but the men dispersed when they learned of the ruse.

TAFT ADDRESSES THE UNITARIANS

Boston, May 22.—Professor William H. Taft was the central figure at yesterday's exercises of the Unitarian anniversary week. After he had been made honorary president of the Laymen's league at its annual meeting in Channing hall, he said: "When I ran for president I found that many people did not know that I was a Unitarian. I was asked by many persons why I did not repudiate an infernal label. But I am a Unitarian because my grandfather and my father and my mother were Unitarians. The influence of Unitarianism is spreading influence today." Before the Lend-a-Hand society, which elected him to honorary membership, Mr. Taft spoke briefly in eulogy of the late Rev. Edward Everett Hale, father of the society, saying: "There is no character who stands out so clearly, representing the best spirit of the age and great social consciousness as did Dr. Hale." Professor Taft was toastmaster tonight at the annual Unitarian festival in Tremont Temple. President-

Festival of Music Handel's Big Oratorio THE MESSIAH

UNDER THE DIRECTION OF SQUIRE COOP. CHORUS OF 150 SELECT VOICES, UNIVERSITY OF UTAH MUSIC SOCIETY.

SALT LAKE PHILHARMONIC ORCHESTRA (40 pieces)

SOLOISTS: MRS. MAGGIE TOUT BROWNING, Soprano MISS EDNA COHN, Contralto MR. ALFRED BEST, Tenor MR. ANTON LUND, Bass

at the ORPHEUM THEATER

SATURDAY EVENING, MAY 24TH, AT 8:15 P. M. PRICES: \$1.00, 75c, 50c, 25c. Seats at Box Office, Friday, May 23rd, 10:00 A. M.

MARKEY WINS IN DENVER ELECTION

Denver, Colo., May 22.—From fuller returns of the result of Tuesday's election for city commissioner, auditor and on several charter amendments, it seems certain that John B. Hunter has been elected superintendent of improvement, James Perkins, commissioner of social welfare, Alexander Nesbet, commissioner of public safety, Otto Thumb, commissioner of property, Clair J. Pitzer, commissioner of finance and James P. Markey, auditor.

Markey seemed to be the most popular candidate of any of the 134, and has maintained his big lead over all aspirants for his office. No other candidate has received a plurality, according to figures. All indications are that the charter amendment for a commission to investigate ways and means of tunneling James peak was carried and that the Chicago, Burlington and Quincy terminal franchise was allowed.

The health amendment, civil service amendment, police pension amendment and the municipal terminal amendments evidently are defeated.

DRUG STORE HAS LIQUOR IN PLENTY

Logan, May 21.—Local police made another raid under the search and seizure law last night and from the Rudolph Drug company secured a large quantity of liquor of all kinds, including 300 bottles of whisky. The drug store was opened but a few days ago. The case will now go to the district court, where the confiscation issue will be tried under the new law.

AMERICAN GOLFERS ENTERED

St. Andrews, Scotland, May 21.—Six American golfers are among the list of nearly 200 competitors who have entered for the amateur golf championship of the world, the play for which starts next Monday, May 26. The entries closed at noon today.

TO ADDRESS GRADUATES

Washington, May 21.—Secretary Bryan, unable to resist the blushes and pleading of the girl graduates, has promised to make the graduating day address at the National Park seminary, Forest Glen, Md. Although burdened with a mass of important diplomatic matters and crowded by affairs of state, he will lay his work aside May 29 to address the young women.

Clergyman Praises Eckman's Alterative

People who have lung trouble are often filled with bright hopes of recovery, only to realize that improvement is but temporary. Those who had it and used Eckman's Alterative can testify to its beneficial effects. No one need doubt it—there is plenty of evidence from live witnesses. Investigate the following: Amenia, N. Y. "Gentlemen: On February 9, 1908, I came to Amenia, suffering with Tuberculosis, that originated in a severe case of La Grippe. My physician gave me little encouragement. I was having terrible night sweats and mid-day chills and losing flesh rapidly, having gone from 155 to 135 pounds, became so weak that walking a few feet exhausted me. My father, who is a clergyman, heard of Eckman's Alterative and induced me to take it. The night sweats and chills disappeared, my cough became easier and gradually diminished and in a few days I developed an appetite, the first in months. I am now in perfect health, back to 155 pounds. I feel certain that I owe my life to Eckman's Alterative." (Signed) E. H. COWLES. "Gentlemen: I wish to add my endorsement to every word of his testimonial." (Signed) Rev. J. J. Cowles, Pastor Presbyterian Church. (Above abbreviated; more on request.) Eckman's Alterative has been proven by many years' test to be most efficacious in cases of severe Throat and Lung Affections, Bronchitis, Bronchial Asthma, Stubborn Colds and in rebuilding the system. Does not contain narcotics, poisons or habit-forming drugs. For sale by A. R. McIntyre, The Badcock Pharmacy, T. H. Carr, Culley Drug Co., Marshall Drug Co., Cave Drug Co., and other leading druggists. Write the Eckman Laboratory, Philadelphia, Pa., for booklet telling of recoveries and additional evidence.

TRAINMEN TALK ON STRIKE QUESTION

San Francisco, May 22.—Much of the time yesterday was taken up by the Brotherhood of Railroad Trainmen with a contest on the floor of the convention to determine whether or not the relations of Square Deal Lodge of Cook county, Illinois, to the brotherhood should be passed upon at this session. President Lee had ruled arbitrarily that it should not, and then advised those opposed to his point of view to take an appeal from the chair. On a close vote the chair was sustained, and the Square Deal controversy was ended, as far as this convention is concerned.

President Lee's attitude was based on legal advice that a discussion of the controversy, which has been halted by a court injunction, might be construed as contempt of court. The balance of the day was taken up with committee reports, of which perhaps the most interesting was that on legal strikes, or strikes authorized by the brotherhood. This report showed that during the last two years there had been but two such strikes, both on Georgia lines.

Today the most important discussion of the entire convention will take place, when the delegates will decide whether they are to favor a compulsory federal workmen's compensation law or an optional one.

In the former case the employees would be held responsible for any death or injury regardless of responsibility; in the latter, the employer would have the choice of accepting such a law or the present federal liability law, under which the beneficiary must prove that the employer was at fault.

PEOPLE IN OGDEN LIKE THIS MIXTURE

Ogden people, who have tried simple buckhorn bark, glycerine, etc., as mixed in Adler-Ika, say it is the best bowel and stomach remedy they ever used. A. R. McIntyre, Druggist, 2421 Washington Ave., states that JUST A SINGLE DOSE usually relieves constipation, sour stomach and gas on the stomach QUICKLY. Those who have used only the more ordinary bowel and stomach remedies are surprised at the QUICK action of Adler-Ika. (Advt.)

FARRER UNDER KNIFE

Provo, May 21.—John W. Farrer, manager of Farrer Bros. company, was operated upon last night at the general hospital for appendicitis. He rallied well and is expected to make a speedy recovery.

FAIR TRIAL IS NOT POSSIBLE

Paterson, N. J., May 22.—"A fair and just trial in Paterson" for William D. Haywood and other indicted leaders of the Industrial Workers of the World, is not possible at this time, their counsel declared before Supreme Court Judge Minturn, in Hoboken last night in seeking to have juries drawn from talesman impartial in another county. Haywood, Elizabeth Gurley Flynn, Carlo Tresca and Adolph Lissag are to be tried shortly on charges growing out of the rioting that has attended the silk mills strike. Prosecutor Dunn opposed the application for an outside jury, saying there was no more feeling against the Industrial Workers in Paterson than all over the country. Justice Minturn reserved decision, indicating, however, that the application probably would be granted.

HAD TO TIE HANDS ECZEMA SO BAD

Eczema on Face and Head. Raw, Red Patches with Blisters. Later Dry, Scaly and Cracked. Burning and Itching Intense. Cuticura Soap and Ointment Cured.

1030 Bellevue Ave., La Junta, Colo.—"My little daughter had eczema on her face and head. The trouble began with itching, raw, red patches with blisters which would break and a fluid was discharged. This in drying formed scabs. Later on the patches became dry and scaly and cracked, and the burning and itching were intense. We had to tie her hands to keep her from scratching, as the eruption made sores which we thought would ruin her for life. Her hair fell out and her head was scabby all over. She rested neither day or night. We tried medicine but still no relief and finally we decided to try Cuticura Soap and Ointment. We began using them by washing the head and face in warm water and Cuticura Soap, after which we anointed them with Cuticura Ointment. This brought rest and sleep for her. In two months the eczema had gone and the child, who was cured and has never been bothered since with this disease." (Signed) Mrs. J. Garrison, Sept. 28, 1912.



Cuticura Soap (25c) and Cuticura Ointment (50c) are sold everywhere. A single set is often sufficient. Liberal sample of each mailed free, with 25-p. Skin Book. Address post-card "Cuticura, Dept. T, Boston." Tender-faced men should use Cuticura Soap shaving stick, 25c. Sample free.

The Man Who Put the EEs in FEET

Look for This Trade-Mark Picture on the Box when buying ALLEN'S FOOT-EASE The Antiseptic Powder for Tetter, Itching Feet, Sold Everywhere. 25c. Sample FREE. Address, ALLEN S. OLMSTEAD, Le Roy, N. Y.

CHICHESTER'S PILLS

THE DIAMOND BRAND. Ladies! Ask Your Druggist for Chichester's Pills in Red and Gold wrapper. They are the best. Take one or two. Buy of your favorite druggist. CHICHESTER'S PILLS FOR 25 YEARS A NAME IN GREAT BRITAIN. ALWAYS RELIABLE. SOLD BY DRUGGISTS EVERYWHERE.

LOSES BOTH ARMS BUT NOT AMBITION; SAM SLOAN, 12, WANTS TO BE A LAWYER

Sam Sloan, twelve-year-old boy living at Garner, White county, Ark., is another armless wonder. Last September he lost both arms in an accident at a cotton gin, but unlike many who have suffered similar accidents, did not die. Within four days he was able to walk about and now, undaunted by his physical handicap, he is preparing for the struggle of life. Sam attends school every day and is a bright pupil. He has learned to write and draw by holding a pencil in his teeth. His ambition is to become a lawyer.

FULL LENGTH BLOUSE. Pink and white striped cotton, with plain white, are combined in this little dress, the darker trimming bands being of the fadeless red cotton. In the back the collar is cut square across in sailor style and the striped material extends entirely across, bloused a little, as at the sides.

Eat Your Peck of Dirt BUT BE CAREFUL HOW YOU BREATHE IT

Every swish of a broom starts millions of microbes aeroplaning down our bronchial tubes. A "SANTO" ELECTRIC VACUUM CLEANER leaves a path clear as mountain air. Rent One for a Day—One Dollar (Delivered) Electric Service Co. "The Live Wire Contractors" Phone 88 Up 24th St.