

# Woman's Page

## How to Fight the High Cost of Living

Put your Best Foot Forward—The Talents You Already Have May Be Valuable Ones—A Lesson From Nature—Apply a Liberal Amount of Common Sense in Every Case Where There Is Illness—Intelligence First Aid to Cure—Nature Never Gives a False Gift—Develop Your Own Intuitions—Household Hints—Recipes.

### PUT YOUR BEST FOOT FORWARD.

Do you realize that if you put your best foot forward and struggle toward the top you cannot but win success?

Why, this very summer may hold everything for you!

It just depends upon you and the efforts that you make how much it will hold.

No matter what your position and environment are you can change them so much if you will make up your mind to do it.

Change them as other women have changed them for themselves by the use of their home talents.

You haven't the confidence in your ability?

Read this letter from a little home-body in a distant city, who had never earned a dollar in all of her life:

"I had never earned a dollar that I could cash a bank account of \$25 and am making more to add to it all of the time. Perhaps that doesn't seem like a great deal to you, but to me it seems simply wonderful, and is the greatest encouragement to me. What a lot of possibilities there are in those dollars that I can have at any time for any purpose. I just want to get up and about am so happy over my success. I never realize that what my home talents could be put to such good use."

This little woman is making a success!

Why not you?

### HOUSEHOLD HINTS.

Add an onion to the pot of Boston baked beans and notice the fine flavor imparted.

For whitening pocket handkerchiefs and laces put them to soak over night in a bath of toilet carbolic soap. This is said to whiten them and to make them clean with but little laundering. Beat up the white of an egg with an equal quantity of water and a little sugar. If well made this compound is transparent and not at all sticky. It is good for all kinds of fine leather, especially kids.

First wash silver well in hot soapy water, then apply a little whitening with a cloth wet with either alcohol or water. Let the whitening dry on the silver, then rub it off with a cloth and polish with either a clean soft cloth or a piece of chamois leather, using a soft brush for corners or engraved work.

The woman who does her own washing gets a yard of ordinary white table cloth and cuts an apron on the style of a butcher's apron. Hem the neck and sides by putting on

the straps crossing in back to opposite sides. From the pieces that fall off in cutting reinforce the front from bust to below waist line, thus making three thicknesses in front. She will find at the cost of 15 or 20 cents she will be nice, dry, and clean when her washing is done.

### A LESSON FROM NATURE.

Is animal intuition more accurate than human reason?

Sometimes this question is answered in favor of nature's gift to the animals, for they seem to know more than humans.

It is true that when in the wild state animals seldom are afflicted with illness, and when they are they seem to know just what to do for themselves.

After animals are domesticated and get only that food which their owners see fit to give them they sometimes sicken. Veterinarians have made progress in the treatment of sick animals, but they seem to prefer their own doctoring when there is sufficient freedom for them to follow their own instinct.

It has been said, and truly, that the more man seeks for knowledge of disease the more disease he finds.

The animal does not seek it, nor does it think upon it. But if the animal becomes sick it knows just what to do.

It will seek quiet, solitude, and will fast. It will seek water or avoid it, as the requirements may dictate.

If there is a fever the animal will restrict diet, seek airy places, darkness, and keep quiet. It knows how to protect its eyes.

When there is an injury from fighting the animal knows how to treat that injury. It even knows how to stop the flow of blood by applying with the paws saliva from the mouth, and it cleanses a wound, working at this constantly, to prevent infection.

Just why the animal does these things is easily understood, for nature supplies the instinct, which is true.

Humans have the same instinct, but the custom of reasoning has destroyed the habit of relying upon those best instincts which must at one time have been of great importance to human welfare.

All of this is another way of saying that there should be a liberal application of common sense in every case where there is illness. Intelligence is the first aid to actual cure.

Remember, Nature never gives a false gift. Therefore, develop what you may possess of instinct or intuition.

### RECIPES

**Strawberry Short Cake.**  
One and a half cups sifted flour, half a teaspoon salt, one tablespoon sugar, two teaspoons baking powder. Mix into this a tablespoonful of cottage or a thin slice of butter, then add one egg and enough milk to make like biscuit dough. Put half of the dough in a well greased baking pan with a little butter over the top and the other half on top. Bake about 30 minutes, then split open and serve with mashed strawberries and cream.

**Corn Pudding.**  
One pint graded corn, one tablespoon butter, half a teaspoon salt, one-fourth teaspoon pepper, one egg, one cup milk. If canned corn is used mash it a little. Warm the butter and stir through the corn. Beat the egg in with the milk. The yolks of three eggs may be used in place of one whole egg. Bake in a pan until done. Serve as a vegetable.

**Delicious Prune Cake.**  
Three and one-half cups prunes, after being stewed, stones removed and chopped fine; one and one-half cups light brown sugar, two-thirds cup cot-tolene, two and one-half cups sifted flour, one-half cup molasses, one-half cup orange marmalade, four eggs, one teaspoon salt, one teaspoon soda, one teaspoon cloves, one teaspoon cinnamon, one-half nutmeg. Cream cot-tolene and sugar, add beaten eggs, beat well and add slowly the molasses, to which has been added the soda. Stir in the flour and marmalade and, lastly, the spices and chopped prunes. Bake in a slow oven about one hour.

**Prune Whip.**  
One pound prunes, one-half cup powdered sugar, whites of three eggs. Stew the prunes until quite soft, remove stones and chop fine. Add the powdered sugar and unbeaten whites of eggs. Beat well. Bake in a well buttered, shallow pudding dish about 30 minutes. Serve cold with whipped cream.

**Stuffed Prunes.**  
Stew one pound prunes (not too soft), remove stones and fill with finely chopped walnuts. Serve with whipped cream or powdered sugar.

Evidently Senator Lorimer believes the plank he walked is long enough to enable him to walk back.



### IN TUNE WITH SUMMER.

Lace flouncing combined with plain net, make the greater part of this dress. The tinted bands under the scallops are of orange chiffon and the color facing of this same shade is also used. The sash and tiny ribbon at the neck are black.

The lower part of the skirt is arranged in a new way. The hem is turned once on the outside and stitched twice three-quarters of an inch from each edge. In the space between the stichings an orange ribbon is run and tied in front, drawing the skirt in just a little at the foot, to give the desired outline. A sleeveless slip of pale orange messaline is worn underneath.

### MILE OF FILM WILL DEPICT SCHOOL CHILDREN

Salt Lake, June 6.—Nearly one mile of moving pictures will be taken of the pupils of the Salt Lake public schools in their field day sports at Wandamere today. Arrangements were closed yesterday, whereby the athletic committee of the public schools and the Wandamere management will have joint rights to the use of these films. Plans are being considered for forwarding the films immediately to Chicago, where they will be used to give the easterners a demonstration of the work and appearance of the children of some of the schools of Utah which are being defamed by the Rev. W. M. Paden and his followers at the Coliseum building.

The children will march into the motorcade through the subway in file of fours this morning, forming a line one-third of a mile long as they march around the track. Then come the games, the maypole dance in which thirty schools will be represented, and the folk dances. Each of these events will be featured in the moving picture films. It is expected that about fifteen thousand children will be in attendance.

### UTAH'S STRONG BOX CONTAINS LARGE SUM

The cash on hand in the state treasury June 1, 1913, from all funds was \$1,513,269.18, according to the report of the state treasurer which was filed with the state auditor yesterday. Receipts from all funds for May were \$85,512.12. Balance of cash on hand May 1, 1913, from all funds, \$1,673,289. Disbursements, all funds, \$245,540.92; balance on hand May 31, 1913, in all banks, \$1,513,269.18; excess in banks \$1.02. The balances in the various funds June 1, 1913, are as follows:

### Funds.

General fund	\$ 725,665.03
State district school fund	7,987.69
State high school fund	98,556.57
University and A. C. college	2,987.88
University building fund	159,585.47
Redemption fund, 1828	120,000.00
Redemption fund, 1909	60,000.00
Trust fund account	1,200.31
Forest reserve, etc.	1,449.91
State fish and game fund	4,975.52
Suspense account	8.91
State road fund	26,778.44
State bounty fund	939.97
Total	\$1,269,627.70
Land Grant Funds.	
Agricultural college	\$ 12,216.22
Deaf and dumb asylum	7,460.67
Insane asylum	11,204.15
Institute for blind	4,420.86
Miners' hospital	1,891.61
State Normal school	6,969.50
Reform school	4,984.62
Public building	7,836.94
Reservoirs	58,881.60
State school	107,361.62
School of Mines	7,282.29
University	13,121.28
Total balance in all funds	\$1,513,269.18
Excess in banks	1.02
Grand total	\$1,513,270.20

### PROVO AFTER WATER HOGS.

Provo, June 5.—H. J. W. Goddard, commissioner of water supply and water works, issued a request today warning the users of city water that they must be more careful in using the city water and not allow any open hose to run without a nozzle. He also warned those who are using the city water for irrigating purposes that unless this is stopped they will get their water supply shut off entirely. There has been no regular time set for sprinkling lawns, but each one has been permitted this season to use the water any time they pleased, but a time will be set unless they observe the ordinance better.

### HER FIRST ORDER

Mrs. Youngbride (telephoning to butcher)—I want some meat, please. Butcher—Yes'm. How much will you have?  
Mrs. Youngbride—O—er—how much have you got?

### IRRESISTIBLE ATTRACTION

Briggs—I understand that Budger fell in love with the girl he married at first sight.  
Briggs—Yes; when he first saw her she was making a fat deposit in the savings bank.—Boston Transcript.

## GOVERNMENT TO AID WEST

Assistant Secretary of Interior Tells Governors That Uncle Sam Wishes to Know Wants of This Section—Many Executives Present

Salt Lake City, June 6.—That the government officials and the western governors who are attending the governor's conference, which opened in this city yesterday, will agree on some general plan of handling conservation of public resources and other questions in dispute between the western states and the federal government, was the opinion expressed last night by many of the officials. There is a general spirit of harmony between the governors and the representatives of the federal government and for the first time in the history of conservation the governors and public land officials are meeting jointly.

In accepting the invitation to meet with the governors, A. A. Jones, first assistant secretary of the treasury department, said that he was here as the personal representative of Franklin K. Lane, secretary of the interior, to ascertain what the west wants and to try as far as possible to give it to them.

"If our national policy is harsh we will change it," said Mr. Jones.

Governor William Spry, who spoke briefly of the wonder of reclamation that is shown in this valley. Governor Spry welcomed the visiting governors and representatives of the department of the interior in the interests of western development. He said that the governors are more than pleased that the department has sent its representatives to meet with the governors on an occasion of this kind, and pledged the governors to co-operate with the department chiefs in solving the great problem of western development. He said that the re-creation of the west are of such a character as to make their development a problem that requires close and strict attention and careful study.

"There should be a disposition to bring about harmony between the states and the federal government," said Governor Spry. "This harmony and co-operation are necessary to proceed with the development of the wonderful resources of the western country. Whatever is done must be done for the best, for the state and for the nation, and looking to the great future that is just ahead of us."

Governor Spry said that there are many things in this state that he would like to show the visitors, things they would wish to see. He called attention to the number of reclamation and irrigation projects in Utah that he would wish them to see so that they would know that Utah is working earnestly for her development and for the development of the west.

"After all," he said, "the work we are doing for the development of the west, and the development of the state, as well, is a work of education. The more the work is put before you, the better you will be able to handle successfully and intelligently the problems that confront us."

The sessions yesterday were devoted in most part to organization and the reading of papers of those governors who were unable to be present. The subject discussed in the papers read were: "National Governor of Natural Resources," by George W. P. Hunt of Arizona; "The Association of Western Governors," by Governor Oswald West of Oregon; and "Timber Culture in the Prairie States," by Governor L. B. Hanna of North Dakota.

The conference elected Governor Joseph M. Carey of Wyoming president and Governor Tasker L. Oddie of Nevada secretary. The governors visited the copper mines at Bingham yesterday afternoon.

### Defends National Control.

"National control of mineral resources as opposed to the theory of state control," was warmly defended by Governor Hunt.

"Conservation, either state or national, must be counted a failure," said the governor, "if it does not directly and materially benefit the entire people, as contrasted with the benefits conferred upon special interests and monopolies."

"The eastern states, acting inde-

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Two months ago I gave out a few samples to women friends of mine, and they all told me they were happy to have it. I discovered an old Persian physician making Face Creams. I tried his prescription and was completely amazed at the results—I was delighted—I was astonished—I could hardly believe my own eyes. From his I purchased the formula and I completely control it through my own hands.

My Face Creams are made with the finest ingredients. Blackheads, large pores, liver spots, absolutely no makeup, and a complexion that is perfect. It is a beauty cream that never fades and never loses its beauty. It is a beauty cream that never fades and never loses its beauty. It is a beauty cream that never fades and never loses its beauty.

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## Lewis' Lye

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Is the only 98% pure lye made by manufacturing chemists. As it is used with every degree of concentration for spraying fruit trees and vines—destroying potato bugs and other pests.



permitted to determine matters of vast importance to it. Red tape, unwarranted delays and an unlawful assumption and exercise of autocratic powers have put the interior department, particularly the general land office, in bad odor with the people of the west.

Lauds Harriman. The late E. H. Harriman was instance as an executive who had the wisdom to know what things he did not know and whose strength lay in his choice in able men who left the details of their own departments. Some such policy should apply, the governor thought, to the department of the interior. What would happen without conservation, was shown by what already happened, said the governor.

## Freckles

Now Is the Time to Get Rid of These Ugly Spots.

There's no longer the slightest need of feeling ashamed of your freckles, as the prescription ointment—double strength—is guaranteed to remove these homely spots. Simply set an ounce of ointment—double strength—from A. R. McIntyre, druggist, and apply a little of it night and morning and you should soon see that even the worst freckles have begun to disappear, while the lighter ones have vanished entirely. It is seldom that more than an ounce is needed to completely clear the skin and gain a beautiful clear complexion. Be sure to ask for the double strength ointment as this is sold under guarantee of money back if it fails to remove freckles. (Adv.)

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## TORNADOES CRUMPLE UP WANDAMERE STRUCTURE

Salt Lake, June 6.—Wandamere had an added attraction at about 2 o'clock Wednesday afternoon when two tornadoes descended upon the amusement park, crumpled the scenic railway and uprooted trees and shrubbery. The damage amounts to about \$1500. No one was injured.

## MRS. MAGGIE THOME DEAD.

Provo, June 5.—Mrs. Maggie Thome, wife of Dr. W. A. Thome, died here this forenoon of pneumonia. She was a brilliant young club woman and had only been sick about a week. She leaves a daughter about 6 years of age. She was in her thirty-third year at the time of her death and came here from the east about eight years ago with her husband. Mrs. Thome's mother, Mrs. Fannie Hutchinson, was

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