

Woman's Page

How to Fight the High Cost of Living

Gilt-Edge Investments Make Big Dent in Cost of Living—Modern Methods Make Investments Easy and Safe—Laughter Perfects Beauty—Hearty Laugh Better Than Two Grain Pellet of Strychnine—Salads—Old Fashioned Boston Baked Beans.

INVESTMENTS DEST LIVING COST
One of the best means to fight the high cost of living is to increase the earning power of the money you have managed to save. About a year ago we had about one-third of our savings deposited in a savings bank and paying 3 per cent interest, and the other two-thirds in a mortgage paying 5 per cent. After thoroughly discussing ways and means we decided the earning power of our funds could be greatly increased without endangering the safety of the principal in the least.

In investing the question as to the amount of interest should always be secondary to that of the safety of the principal. The investor should not be satisfied with anything less than the highest degree of safety. The best investment is the safe investment with the largest income. Money doubles at compound interest at 3 per cent in about 23 years, and at 7 per cent in about ten years. The interest on \$2,500 at 3 per cent, compounded semi-annually, is \$75.56, and at 7 per cent amounts to \$178.06 yearly. In cities of the old world the rate of interest on real estate mortgages is from 3 to 4 per cent, in New York about 4 to 5 per cent, in Chicago 5 to 6 per cent and in the far western states 7 per cent.

Circumstances may keep you at home, but modern methods permit you to easily and safely invest your money where it will have the largest earning power consistent with security. We decided to invest about one-half of our funds in a Seattle real estate mortgage paying 7 per cent interest, payable semi-annually, and after much investigation and correspondence found the investment banker on whose judgment and honesty we could absolutely rely on to place our funds in a gilt-edge mortgage secured by a title-guaranteed policy. The bulk of the balance of our savings we invested in first mortgage real estate bonds paying 6 per cent. The result of the increased earning power of our savings amounted to about \$250 more annually, and has made quite a dent in the increased cost of living for us.

LAUGHTER PERFECTS BEAUTY.

At a dinner party recently one of the guests, discussing the splendid farce comedies of two decades ago, had greatly amused him. As his memory revived the incident for him the humor of the situation appealed afresh, and he laughed heartily. The tonic effect of the laughter was plainly apparent. The color of the face brightened, betokening quickened circulation of the blood, the eyes brightened, evidencing a complete harmony of mind and body.

The man who wrote that farce comedy which was then under review, it occurred to me then, was a wonderful physician. When he scribbled the words of the play he was in reality writing a prescription for alling humanity. That prescription did not require change from week to week, it was a tonic that was administered by memory. Every time those who had enjoyed the piece recalled it to memory the actual physical effect was experienced. Think of that!

I know that millions of people were convulsed with laughter by that particular comedy, not once, but many times. They laughed or had an inclination to laugh, every time one of the humorous situations recurred to them. And laughter is good. It is, when genuine, one of the best medicines in the world. There is more tonic effect in a hearty laugh than in a two-grain pellet of strychnine.

The writer of a successful comedy, viewed in this light, is an important person in the world. He is actually a wonderful physician, but he is never credited or honored as such. He fills an important mission in the world. He gives to humanity the means to combat worries. He enables

one to give surcease to a mind harassed by cares and sorrows. And if the tonic and laughter is but temporary, the result is a good result. The writer of a comedy prolongs life, beyond the advising capabilities of a thousand physicians—yes, even ten thousand! And every one who sees and enjoys his comedy is his patient. The comedy writer is a physician with a tremendous practice.

Another suggestion of good thought with regard to this subject is the benefit incident to a review of the pleasant things in one's life. Take an hour occasionally and review your happiness—your mind, body and soul will be the better for it.

Remember: That laughter is to perfect beauty what harmony is to music.

SALADS.

Tomato Salad.
Cut firm tomatoes in petal shaped strips, turn them back like an open tulip and serve on lettuce with mayonnaise in center.

Cucumber Loaf.
Into two cups boiling water put six peppercorns, one blade mace, half a bay leaf, half a teaspoon celery salt one slice onion; steep 20 minutes and drain. To liquid add three-fourths of a box gelatin softened in a little cold water; strain and add four teaspoons tarragon vinegar. Pour a half inch layer in mold, add layer of cucumbers (sliced); repeat until all is used. Set on ice until firm, then unmold and serve with mayonnaise.

Cucumber Appie.
Chop cucumbers fine, season with onion and celery or a little celery seed. Salt and pepper to taste, and save every drop of the juice. To each quart of pulp and juice add one-half package of dissolved gelatin and stir slowly on ice until it begins to set. Turn into a border mold and set on ice to chill. At serving time cover a platter with lettuce leaves, turn the border out of the mold and fill the center with lobster or salmon mayonnaise.

Cherry Salad.
Stone and remove stems from half a pound cherries. Shell as many hazel nuts as required. Place a kernel in the center of each cherry. This preserves their form and gives an added flavor to the salad. Arrange the lettuce and place the cherries in the center and serve with mayonnaise.

Potato Salad.
Cook as many potatoes as there are people to be served if potatoes are small. Boil them with jackets on and when done throw them into very cold water and leave until they are lukewarm; then peel and slice them very thin. Moisten with vinegar diluted with water and let stand until cold enough to serve. For a salad for six persons take two red peppers and cut them in strips, six olives cut in thin slices, two tablespoons whole blanched almonds, four gherkins and two hard boiled eggs cut in thin slices. Season the potatoes well with pepper and salt and a good dash of red pepper. Mix all the other prepared ingredients well with the potatoes. Then mix well with sufficient mayonnaise dressing to make it rich and tasty. Lay on lettuce leaves and place six teaspoons of the mayonnaise on the top. The almonds will prove a delight and surprise.

Boston Baked Beans.
Pick over three cupsful of peas, cover with cold water and soak for several hours. Drain, put in steamer, cover with fresh water, heat gradually to the boiling point, and let simmer until skins will burst, which is best determined by taking a few beans on the tip of a spoon and blowing on them, when skins will burst if sufficiently cooked. Beans thus treated will of course be thrown away. Drain beans. Scrape a three-

fourths pound piece of fat salt pork, remove a one-fourth-inch slice, and put in bottom of beanpot. Cut through and of remaining pork at one-half-inch distances. Put beans in pot and bury pork in beans, leaving the rind exposed. Mix one tablespoonful of salt, two tablespoons of sugar and two tablespoonfuls of molasses. Add one cupful of boiling water and pour mixture over beans, then add enough more boiling water to cover beans. Bake in a slow oven eight hours, covering the last hour of the cooking that the rind may become brown. Add more boiling water if needed.

IF YOU ARE A DRINKING MAN

You had better stop at once or you'll lose your job. Every line of business is closing its doors to "drinking" men. It may be your turn next. By the aid of ORRINE thousands of men have been restored to lives of sobriety and industry.

We are so sure that ORRINE will benefit you that we say to you that if after a trial you fail to get the benefit from its use, your money will be refunded.

When you stop "drinking," think of the money you'll save; besides, sober men are worth more to their employers and get higher wages.

Costs only \$1.00 a box. We have an interesting booklet about ORRINE that we are giving away free on request. Call at our store and talk it over. A. R. McIntyre, Drugs.

ENTERTAINMENT FOR BRAZILIAN

Washington, June 14.—The United States senate honored Dr. Lauro Muller, Brazilian minister of foreign affairs, yesterday by receiving to receive him, when he visited the capitol. Dr. Muller was presented first to Vice President Marshall and then stood by the rostrum and was introduced to the senators as they passed. Senator Root, whose visit to Brazil as secretary of state Dr. Muller is returning, was most hearty in his greeting.

A trip to Annapolis, the visit to the capitol, a tea by Henry White, former ambassador to France, and a dinner by Secretary Garrison constituted the round of entertainment for the Brazilian minister yesterday.

Dr. Muller declared himself deeply impressed with the naval academy. Captain Da Fonseca, son of the president of Brazil, wanted to make a flight with one of the officers at the aviation school, but Dr. Muller refused to risk an accident to the son of his president. His naval aide, Lieutenant Moreira, went up with Lieutenant Cavalier.

A novelty in entertaining foreign guests was inaugurated by Secretary Garrison, who took his party to a hotel roof garden. Among the guests were Secretary Bryan, Ambassador De Gama of Brazil, the visiting party from Brazil, Major General Leonard Wood, Lieutenant General Young, retired, Major General Davis, retired, and Colonel Goethals.



North, South, East, West

men and women are subject to the numerous ailments caused by defective or irregular action of the organs of digestion and elimination. Headaches, lazy feelings, depression of spirits are first consequences, and then worse sickness follows if the trouble is not removed. But thousands have discovered that

Beecham's Pills

are the most reliable corrective, and the best preventive of these common ailments. Better digestion, more restful sleep, greater strength, brighter spirits, clearer complexion are given to those who use occasionally this time-tested home remedy. Beecham's Pills will no doubt help you—it is to your interest to try them—for all over the world they

Are Pronounced Best

Sold everywhere. In boxes, 10c., 25c. The directions with every box are very valuable—especially to women.

SCREEN DOORS

Call at Volker Lumber Company and select your SCREEN DOOR. We have a large assortment and can give you satisfaction. PRICES LOWER THAN ANYWHERE IN THE STATE. Keep out the flies—If you want to build, call at our yard—we have the largest and best stock in town at the lowest prices. If you intend to build, call at our office and examine our plans. We will furnish you plans and specifications for the nicest BUNGALOWS you have ever seen.

Volker Lumber Co.

Yards at 237-245 24th St. J. W. F. VOLKER, Manager Phone 612.

and Mrs. Thatcher left here yesterday for Colon, whence they will sail today for the United States.

TWO MEN FIGHT DUEL IN HALLWAY

Kansas City, June 14.—W. G. Capper and Martin Donaldson engaged in a pistol duel in the narrow hallway of Capper's home here last night. Both men were wounded fatally. The fight occurred when Donaldson tried to induce his wife to leave Capper's home, where she had been employed as a domestic. Mrs. Donaldson hid in an upstairs room, but Mrs. Capper helped her husband in the fight. Both men emptied their pistols and each was shot four times. Mrs. Capper reloaded her husband's weapon. After both men were mortally hurt, Mrs. Donaldson jumped from a second story window and escaped from the house.

MILITANTS POUR ACID ON MAIL

Edinburgh, June 14.—The militant suffrage campaign was resumed here last night with the biggest raid that has yet been made on the mail boxes. Twelve of these receptacles were attacked. Chemists' test tubes, filled with a colorless acid, which caught fire when the glass was broken, were dropped into the boxes by the suffragettes and many letters were destroyed.

A bomb sewed up in an oil-soaked cushion was found tonight in the railway station at Eden Park, Kent. Attached to the bomb was a clock timed to explode at 2 o'clock Saturday morning. The clock had stopped when the bomb was discovered.

LIMITATIONS OF A TOOTH BRUSH

Ask your dentist if the toothbrush alone will maintain the absolute cleanliness which is necessary to keep the teeth and mouth free from disease. He will tell you "No."

The crevices between the teeth and the junction of teeth and gums furnish lodging places for multitudes of microbes. They are out of the brush's reach and you could no more dislodge them with a tooth brush than you could clean your carpet with a rake.

The tooth brush is indispensable to mouth cleanliness; but it should be supplemented with a reliable antiseptic mouth wash and gargle, which will bubble into crevices, rooting out and destroying disease-producing bacteria and such decaying matter as the brush fails to remove.

The best antiseptic to use is LISTOGEN. It goes farther than Peroxide of Hydrogen by uniting the remedial and antiseptic properties of Thymol, Menthol and Eucalyptol.

These valuable elements take up the work where Peroxide of Hydrogen leaves off and with their help LISTOGEN not only destroys the germ, but in some degree repairs the damage that has been done.

Ask your druggist for LISTOGEN. You will delight in the purifying, refreshing sensation that it gives. 25 cts., 50 cts. and \$1 a bottle at A. R. McIntyre, Drugs, 2421 Wash.

'WORLD TIRED OF WAR'—BRYAN

Washington, June 14.—Commencement exercises at the Holy Cross academy here yesterday were made notable by the presence of Cardinal Gibbons as presiding officer and Secretary Bryan as orator of the day. Mr. Bryan said he found the inspiration for his address in a poem by one of the graduates, "A Song of Peace."

"Universal peace is the goal toward which we are heading, the secretary declared. "The Christian world is wearied of wars. It is weary of international bickerings that do not always end in the shedding of men's blood, but too often engender bitter feelings that only the passing years can take away. It is a mistake to believe that in going away with wars we will become a race of weak and irresolute men. Men are beginning to understand the meaning of brotherhood as taught by the 'Prince of Peace.'"

A doctor says that a baby thrown into the water will swim instinctively. Not if its mother can reach it first.—Minneapolis Journal.

DANDRUFF CAME ALL OVER HEAD

Terrible Itching and Burning. Hair Came Out by the Comb. Used Cuticura Soap and Ointment. Entirely Cured in Three Weeks.

1242 N. Illinois St., Indianapolis, Ind.—"Spots of dandruff about the size of a quarter came all over my head. There was a terrible itching and burning under the dandruff and if I attempted to comb it off my head would bleed and get sore. There were small pimples under the dandruff that itched and burned and would bleed when I combed my hair. The dandruff would show when I combed it loose. My hair came out by the comb. I had suffered between two and three years and tried everything I heard of but nothing did any good until I read one of the advertisements for Cuticura Soap and Ointment. I bought a box of Cuticura Soap and Ointment and stamped my head and rubbed every spot with Cuticura Ointment. At the end of three weeks I was entirely cured. Now I have more and nicer hair than I ever had in my life. Cuticura Soap and Ointment permanently relieved my trouble." (Signed) Mrs. W. K. Rhoads, May 11, 1912.

Cuticura Soap and Ointment do so much for pimples, blackheads, red, rough skin, itching, scaly scalp, dandruff, dry, thin and falling hair, chapped hands and chapped nails, that it is almost credited not to use them. Sold by druggists and dealers throughout the world. The liberal sample of each mail free, with 35-p. Skin Book. Address—Cuticura Dept., T. Boston, Mass.—Pamphlet—Send me about you Cuticura Soap and Ointment. 25c. Sample free.

OGDEN MEN AT THE LOGAN COLLEGE

The men employed to do the work of big business today, are college men," said Principal John W. Wintle, of the Ogden south side sub high school, now attending the Agricultural college summer school. Mr. Wintle's opinion that the day is coming when few farmers will be degree men, and few will be able to command a job in any line, aside from purely manual labor jobs, without a good practical college training.

When asked what his own personal aspirations are, the Ogden man replied that he conceived his mission in life to be the betterment of the race, socially, religiously and commercially.

Mr. Wintle is a self-made man. He began teaching in the Ogden schools at \$40 a month, and worked his way up to his present position by incessant effort. The Ogden school system is considered one of the best, the maximum salary for principals in the grades being \$2000 per year.

Mr. Wintle is taking summer courses in agriculture and economics. When asked why he, while presiding over a school where agriculture is not taught, should take studies in that subject, he replied that he thought that was the coming science, that the people were waking up and demanding that their children be given a knowledge of the cultivation of the soil, together with industrial and physical training.

"In the next 25 or 30 years," said this school man, "agriculture will play a great part in the common school system. The soil is just beginning to be utilized. Scientific farming is only begun. More and more of it will be taught in all elementary institutions of learning in Utah and the country in general."

Principal Wintle was delighted with the beautiful Cache Valley. "You can't beat Logan for a place for summer study; the climate is ideal. Another great asset is the fine gymnasium, with its swimming pool, where one can take a daily plunge."

A number of Ogden people are taking the summer courses at the college, among whom are Mr. Hobson, another Ogden principal, and Mr. Max Woodbury, of the State Deaf and Dumb school.

PICTURE BRINGS \$206.875.

London, June 14.—Romney's portrait of Lady Anne De La Poole was purchased yesterday for \$206.875 by Duveen at Christie's auction room.

OBJECTS TO TIGHTS FOR BATHING GIRLS

Denver, June 14.—A skirt, bloomers and a waist that comes close to the neck, is the official bathing skirt of Denver under the commission form of government, as tentatively designed by Otto F. Thum, commissioner of property and therefore in charge of the park department, and incidentally of all the city beaches. "I certainly believe it is not right for a woman to appear at public bathing places clad only in tights," he said. "She hasn't on sufficient clothing then to be decent in her own bedroom."

COMMISSIONERS WILL BE SELECTED TODAY

Governor Spry announced last night that he would appoint the Utah Panama-Pacific exposition commissioners this morning. The bill appropriating \$50,000 to be spent at the San Francisco and San Diego exposition in 1915 for advertising Utah, provided that the governor should name the commissioners to have charge of the expenditure of this fund within thirty days after the bill became a law. The thirty days expired yesterday, but after several hours' consideration of the numerous applications for the positions that are before him, the governor declared he would not announce his decision until today.

Eight commissioners are to be appointed and about three times that number of applications are on file with the governor. The commissioners are to serve without pay, except necessary expenses incurred in performance of their duty. They will have charge of the installing of Utah's exhibits at both expositions and other matters incident to Utah's part in the big celebrations.

B. H. ROBERTS AT TABERNACLE SUNDAY

Elder B. H. Roberts will be the speaker at the Sunday afternoon services in the Tabernacle and the following musical program will be rendered by the Tabernacle choir: Organ prelude—Organist Sam F. Whitaker Solo and Chorus—"Come Holy Spirit"; George Douglass and Tabernacle Choir. Solo and Chorus—"Calvary"; Elsie Shorten and Choir Solo and Chorus—"O, Come Let Us Sing"; W. S. Wright and Choir Organ Postlude—Organist Sam F. Whitaker

CHURCHES

First Congregational—Adams avenue and 25th street—Morning sermon at 11 o'clock, evening services at 8 o'clock. The Rev. Chalton Smith will occupy the pulpit morning and evening. Miss Alice Gray, pianist. Mr. Howes, soloist. Bible school at 12:30. Y. P. S. C. E. at 7 o'clock.

Seventh Day Adventists—On Sunday, June 16, the Seventh Day Adventists will open a series of Bible lectures in a tent located at 2945 Washington avenue. The prophecies of Daniel and Revelation will be illustrated with a stereopticon, charts and otherwise. The tent is floored, comfortably seated and well lighted. The subject Sunday evening will be "The Bible Versus Higher Criticism." All are cordially invited to attend these meetings. These will be special



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Cleaner and Cooler than Coal or Wood—Cheaper than Gas Made with 1, 2, 3 and 4 burners. Dealers everywhere. Catalogue on request.

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singing at 7:30 p. m. Lecture at 8 o'clock.

The Newport Cafe

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Do you know they are made in Ogden? They are also guaranteed by Ogden's most reliable house—SCOWCROFT & SONS' CO.

HAVE YOUR PIANO TUNED

Reorganized Church of Jesus Christ of Latter-day Saints—Corner of Fifteenth street and Washington avenue, J. E. Vanderwood, pastor. Sunday school at 10 a. m. Preaching at 11 a. m. and 8 p. m. All are cordially invited to come and worship with us.

LEGAL

NOTICE OF INTENTION Notice is hereby given by the Board of Commissioners of Ogden City, of the intention of said Board to make the following described improvements, to wit:

To lay out, establish and open a public street, to be named Eastlaine Avenue, North and South through Block 16, Plat "B," Ogden City Survey, said Avenue to be 30 feet wide, being 11.39 feet East and 18.61 feet West of the Lot line between Lots 2-3 and 8-9, Block 16, Plat "B," Ogden City Survey, the whole distance between 20th and 21st Streets, and to defray the whole of the cost thereof, estimated at \$400.00, by a local assessment upon the lots or pieces of ground lying and being within the following district, being the district to be benefited and affected by said improvement, viz:

All the land lying between the outer boundary lines of said avenue when opened as proposed, and a line drawn 50 feet outward from and parallel to the said outer boundary lines, being part of Lots 2-3-8 and 9, Block 16, Plat "B," Ogden City Survey.

All protests and objections to the carrying out of such intention must be presented in writing to the City Recorder on or before the 7th day of July, 1913, at 10 o'clock, a. m., that being the time set by said Board of Commissioners when they will hear and consider such objections as may be made thereto, at the Mayor's office at the City Hall, Ogden, Utah.

By order of the Board of Commissioners of Ogden City, Utah. Dated this 21st day of April, 1913. A. G. FELL, Mayor. H. J. CRAVEN, City Engineer. First publication June 13, 1913. Last publication July 5, 1913.

Slade's Transfer

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June 13, 14, 21, 28, July 2, 5, 10, 19, August 2, 31, September 1, 9, 10, 11, 16, 22, 28, September 20 and 11.

For further information address E. R. LEIS, General Agent, Atchinson, Topeka & Santa Fe Ry. Co. 233 Judge Building, Salt Lake City, Utah.

Clarks'

Have your old shoes repaired while you buy new ones.