

# Woman's Page

Modern Baths—Medicated Baths—Water in Any Form Beneficial—To Prevent Gray Hair—Cause of Brittle Hair—Excessive Perspiration of Feet—Flatfoot—Why Do We Laugh?—Do Not Dye the Hair—Care of Teeth—Poor Circulation.

## MODERN BATHS.

To enumerate utilities of the bathing devices now used will convince one that their use is of great value to their usual convenience. The marble or tile lined rooms with their marble, gold plated, and silver tubs of millionaires have nothing to recommend them more than the pleasure they give to the eye. For the elaborate tub is no better for all purposes of heat than the porcelain, enamel, and tin tubs.

The principal thing is to have the bathroom bright and sunny, with floors and walls tiled or painted, making them impervious to moisture. The carpeted bathroom is a nuisance.

A steam heater or a heat register should be in every bathroom for the purpose of heating the towels and linen to be subsequently used.

Tubs should always be long enough to lie down full length in.

A shower bath is not necessary, but a spray with flexible tubes is indispensable for the hot and cold showers. It does not give the system one great shock, but concentrates the stimulus of the jet where needed, gently or otherwise.

Women who have undeveloped figures and worry over them will find great benefit in sitting on a seat in a bathtub with their feet in the hot water, spraying the entire body with the flexible spray, alternately cool and hot.

Bathing is carried to a fine art in the best public establishments, which number an increasing list of medicated baths—quinine and iron baths for malaria, oil baths for consumption, and creosote baths for eruptions.

Women who suffer from perspiration should use ammonia and camphor in their baths and should never neglect to take a bath every day. Doctors seem to be disagreeing as to the benefits of the daily bath, but any normal woman, man or child can find nothing but comfort and health resulting from at least one bath each day.

Remember: Water in any form is beneficial. The danger is in the neglect of its use.

**TO PREVENT GRAY HAIR.**  
Keeping the hair and scalp in good condition will go a long way in preventing the hair from turning gray. Massage the scalp every night for about ten minutes. This will loosen the scalp and keep it flexible so that the hair will get nourishment and become full of life.

**CAUSE OF BRITTLE HAIR.**  
The condition of the hair depends largely on the condition of the body and if your general health is good your hair is pretty apt to be likewise.

So, before you apply a tonic to restore the light and life to your deadened tresses, look to your general bodily health. If your blood is impoverished your hair will be dry and brittle and you must treat the blood, not the hair, for such a condition.

## EXCESSIVE PERSPIRATION.

Excessive perspiration of the feet, sometimes of unpleasant odor, is one of the greatest trials. A preparation often helpful in such conditions is composed of the following: Powdered borax, one part; silicic acid, one part; powdered boric acid, one part; powdered talcum, twelve parts, or a simple and effective method is to bathe the feet once each day with cold water into which a generous amount of table salt has been dissolved. Use no soap with the solution.

## FOR FLATFOOT.

If you are flatfooted you may be fitted with metal plates which raise the arch of the foot when worn inside the boots. You should wear shoes long enough to give the toes room. It will also help if you straighten them out and massage them just before you put on your stockings or when you are taking them off.

## WHY DO WE LAUGH?

Joy is the ambition of the whole world. The accomplishment of undertakings, the gratification of desires, the success of ambition are all incentives to joy, and joy is depicted upon the human face in smiles and laughter. Scientists are attempting to prove the cause of laughter and to find out what causes persons to laugh at the fall of an old woman in the street. I for one never have seen a real man, woman, or child laugh at such an incident. In fact, I have seen human hearts ache with sympathetic sorrow at such a sight in such a circumstance.

True laughter is curative, and hence the success of comedies and vaudeville performances. Business worries and tired women are cured or relieved by a good laugh. There are only three kinds of laughter—the laugh of joy, the laugh caused by the sense of the ridiculous, and the laugh of derision. The first two are restorative, the last is nearer to pain than joy.

No clever, intelligent people laugh at fifth. It is a vulgar, disordered mind that finds laughter in vulgarity. There is a great difference between humor and vulgarity. Humor is exquisite refinement, and yet many of the greatest poets have descended to the lowest vulgarity to get a laugh.

Perfect health causes good humor, as well as consideration and sympathy. The perfect healthy person is so oblivious of self that laughter and tears of sympathy are ever ready. Such people distribute joy. Bad humor is a disease which should be cured.

God means us all to be happy, and gives us so many blessings to choose from that sometimes we are at a loss to understand his wonderful works. Laughter cannot be forced. It must bubble up from the heart, to be true, and although some people cultivate a smile, it never goes beyond the surface of things, and is never mistaken for sincerity.

Honesty is often more humorous than deception; as in the sweet, ingenuous sayings of children. How we laugh at and report with laughter their innocent sayings, and get more real enjoyment from them than from the cleverest stories.

Remember: Laughter lifts the lid from our imprisoned sorrows.

## DO NOT DYE HAIR.

If the hair turns prematurely gray it is always much better to allow it to take its course and never to try to conceal its natural condition by dye for most dyes are injurious; the fact is always apparent, too. Take good care of you hair brushing each night when taking it down, and massaging the scalp at least ten minutes. Do not wash the hair more than once every three or four weeks.

## CARE OF TEETH.

The teeth should be thoroughly cleansed in the morning with a good tooth powder or paste. They should also be brushed with clear water after each meal. I think with daily care of your teeth you will soon get them white.

## POOR CIRCULATION.

Cold hands are usually caused from poor circulation. There is nothing better for poor circulation than exercises in the open air. Get out more into the open air. Take long walks. Practice deep breathing. After bathing rub handfuls of damp salt over the body. Rinse off with a bath spray then rub the body briskly with a rough Turkish towel until it is glowing.

**ASSAULT WITH DEADLY WEAPON IS CHARGED**  
Salt Lake, Sept. 1.—M. Louder, a

negro, was arrested at 11 o'clock last night by Patrolman J. W. McKenna and booked on the charge of assault with a deadly weapon. Andor Storrwallis accompanied the patrolman and his prisoner to the station, where he exhibited his coat, which had been slashed from the shoulder to the elbow with a knife.

According to Storrwallis, who is employed by P. J. Moran, the negro passed him near the corner of Fifth West and Second South street and spoke. He says he did not answer and then the negro slashed at him with an open pocket knife. A large knife was taken from the negro at headquarters. Patrolman McKenna was just across the street when the trouble occurred.

## TAKE A TRIP TO THE PANAMA CANAL

Get ready to take a trip to the great Panama Canal. This does not mean that you should pack your traveling bag, nor will you need to get a new white serge. The clothes you are wearing will be sufficient, and just leave your linens where they are now. You won't need to make any preparations further than to see that The Standard is delivered to you daily.

The trip in question is in the shape of a great big beautiful book, filled with water paintings as well as water color paintings which vie with each other for predominance, and yet paradoxically harmonize at every angle. The new illustrated book is called "The Panama Canal: A Picture and a Story," and each section of this title is fully covered. First, it tells you all about Panama, that crooked little neck of land which has been divided so that the entire world may be more closely united; then it fully explains all that is of interest relating to the great canal itself; finally, it portrays rare views of the country and the people in photographic reproductions and artistic color plates, describing them in beautiful word pictures that hold the attention of the reader to the very end.

The knowledge to be gained by a close reading of this volume will forever after be a valuable asset to every man, woman and child, for this great waterway is destined to become an important factor in times of peace as well as in times of war. It will revolutionize the shipping of all the nations of the world; it will bring about changes in the trade and commerce of all the earth; it will open up new avenues of trade and establish new relationships between the various countries of the globe.

The Standard realizes the unusual educational advantages offered in this volume and has arranged for a great distribution to its readers. While parents will want the book for themselves, they also must not lose sight of the fact that the school child of today is the one that will face the problems presented by the changed conditions of the future when the canal shall have become a working factor among the nations of the earth. So the children as well as the older members of the family should have access to this standard work; should learn of the wonders of this gigantic engineering achievement; should study the characteristics of these strange people on the zone; should know of the history, purpose and promise of this mighty interoceanic waterway.

The book itself is indeed a work of art. It is more than double the dimensions of the ordinary novel, is printed from new type, large and clear, on special highly finished paper; bound in tropical red vellum and the front cover inlaid with a beautiful stippled color panel showing the famous Culebra cut. It contains more than six hundred magnificent illustrations, many of which are made from unique water color studies and reproduced in their artistic coloring to full page size. No expense has been spared to make this splendid big volume the standard work on Panama and the Canal.

Willie J. Abbot, the author of this book, spent many months in the Canal Zone, and his intimate acquaintance with officials in charge of the work afforded him every opportunity for gathering his material. The result is a full and complete story of the canal from its inception to its realization, a story so accurate and comprehensive that it will ever be referred to by those who would know the true history of the great problem which has at last been solved by the skill of modern engineering.

Every place of business, every home, every school and public institution should have a copy of this great canal text book. The Standard makes this possible by offering it for six cents, one of which is printed daily in these columns, and the small expense amount to cover the items of the cost of packing, express from the factory, checking, clerk hire and other necessary expense items. A smaller volume has also been prepared which contains practically the same text matter, with only a hundred photographic reproductions and none of the color plates. Either volume will be sent by mail for an additional fee to cover the exact amount of postage. This is all explained in the Panama Certificate to be found in another column of this wonderful offer.

**SULLIVAN OPPOSED TO PROFESSIONALISM**  
Paris, Aug. 31.—Secretary James E. Sullivan of the American Olympic games committee said today that America would withdraw from the Olympic games if England introduces professionalism into the Olympic struggle. He expressed doubts as to the exact use to be made of the funds now being raised in England. He said that if men were going to be systematically taken from employment in order to train hard for the Olympic games it was flagrant professionalism.

On the other hand, if England intends to employ money improving athletic equipment by giving boys encouragement to train on their own initiative, that would be all right. He added that America maintains amateur athletics in the purest form and does not spend a cent on competitors, except to pay their fares.

## FARMER REGAINS HIS GOOD HEALTH

Relieved of Long Standing Troubles by the Use of Plant Juice

J. P. Russell has regained his health through the use of Plant Juice. For four years he has not been able to partake of a hearty meal until recently, when he started taking Plant Juice. He said:

"Plant Juice is the only remedy that I have ever taken—and I have taken about everything that has been recommended—that did me good. I have not been in better health for five years. I was troubled with constipation and bloating stomach. Nothing seemed to help me until I started to take this medicine. Now I am feeling fine and eat my meals with a relish, something that I have not been able to do for four years. I can recommend Plant Juice."

Mr. Russell's illness was brought on by a case of typhoid fever. He is a farmer of Roy and has lived in this vicinity for the last thirty-five years. There are thousands in Utah and in other states who are just as pleased to tell the good results received from this medicine. It heals stomach ailments which have been most distressing. Plant Juice is made from natural herbs and plants and is therefore a natural remedy. These juices are compounded by a careful and scientific method and therefore have properties which bring about health in the alling body. Sold at McIntyre Drug Store, 2421 Washington avenue.

## MUNICIPAL CAMPAIGN IN LOGAN STARTING

Logan, Aug. 31.—Politicians here are just beginning to lay their lines for the municipal campaign this fall, and the indications are that there will be a very lively contest waged between those who want to see the present "dry" conditions maintained and the others who are very much of the opinion that a new policy should be adopted as to the control of the liquor traffic. The agitation at present is confined to that question, but in all probability the financial condition of the city will drive the business men together in an effort to get the city on its feet once more.

The taxes have not increased very materially in the last two years, while there has been a considerable loss of revenue because of the abolition of the saloons. This has brought about a condition whereby Logan City cannot pay its warrants this month, even the salary warrants being held up. The blame for this cannot be placed on any particular set of men, as it is a condition that has been growing upon the city gradually. However, there is a hope that an adjustment of affairs will then be along moral rather than financial lines, according to present prospects. In Logan, as in Cache county, the Progressives hold the balance of power, and if they unite they can elect whoever they choose, as both of the old parties are pretty well divided. The Republicans have been split for two years, and the friction over the selection of a candidate for postmaster here has developed strong factional feeling on the Democratic side, it is said.

Mayor Henry G. Hayball, it is said, will be a candidate to succeed himself. Two years ago he was elected by a good majority, but his party—the Democratic—was then united and untouched by factional strife, a thing that cannot be said now. There are two other Democrats who are mentioned in connection with that nomination—Stephen Hailstone and Louis S. Cardon. Peter C. Nelson, the Democratic commissioner, can probably have a renomination for the asking. The holdover member, George W. Lindquist, is a Republican, so it will be necessary for the Democrats to win both places in order to retain control of the administration.

William Evans, Jr., the present incumbent of the auditor's office, will likely be a candidate for reelection. He has given faithful service and there will be no one in the Democratic party to oppose him if he decides to make the race.

Republicans are mentioning the name of Joseph Quinney, Jr., as a probable candidate for mayor. He is manager of the Logan sugar factory.

**DOCTRINAL SERMON AT THE TABERNACLE**  
Salt Lake, Sept. 1.—Elder Arnold Schulthess of the presidency of the Pioneer stake of the Mormon church was the only speaker in the tabernacle yesterday afternoon. His address was largely on the doctrine of the Mormon church, and he dwelt particularly upon events that he said happened in the church and were as great as any of the miracles recited in the Bible.

After discussing the articles of faith of the Mormon people, and saying that there was need of more faith in the world, Elder Schulthess told of God as a material being. He said:

"Joseph Smith was the first to preach that beautiful doctrine that we are now, God once was and as we are now, we will become. We believe in eternal progression. God is our father, and by being faithful and obedient we will attain the same degree that he now possesses."

Elder Schulthess then compared God to earthly fathers in an effort to bear out his statement, as he said that every father who was a right minded, wanted his sons to become as great as he was great.

of Promise," "Lord, Thou Wilt Hear Me While I Pray," and "In Our Redeemer's Name."

## FOR DEFORMED CHILDREN.

Stanford University, Cal., Sept. 1.—Beginning October 1 the Stanford University's medical school in San Francisco will offer to the public a free clinic for deformed persons, especially children. Dr. Leonard Ely, recently appointed an associate professor in the medical school to teach orthopedic surgery, will have charge of the clinic.

Dr. Ely is chairman of the section devoted to orthopedics in the American Medical association.

## LEGAL

### NOTICE TO CONTRACTORS.

Sealed proposals will be received at the office of the city engineer, in the City Hall, Ogden City, Utah, up to and including Thursday, September 4th, 1913, at 10 o'clock a. m., at which time said bids will be publicly opened and read aloud, for furnishing materials and doing the work of paving with either asphalt, Utah Rock Asphalt, Bitulithic or Dolarway pavement with the necessary concrete foundation, together with all necessary excavating and grading thereof, of 25th street from the east side of Washington avenue to the east side of Harrison avenue.

To be hereafter known as paving district No. 108. All work to be done under plans and specifications prepared by the city engineer and approved by the board of commissioners.

Plans, specifications and full information can be had upon application to

the city engineer after August 28th, 1913.

The right is reserved to reject any or all bids and to waive any defects. By order of the board of commissioners.

H. J. CRAVEN,

City Engineer.  
First publication August 12, 1913.  
Last publication September 3, 1913.

**NOTICE OF INTENTION.**  
Notice is hereby given by the board of commissioners of Ogden City, Utah, of the intention of said board to make the following described improvements, to-wit:

To create Lincoln avenue from the south side of 28th street to the north side of 30th street as a paving district, and to pave therein with concrete 7 inches thick, and to do all the necessary grading thereof, and to defray the whole of the cost thereof estimated at \$15,015.50, by a local frontage assessment upon the lots or parts of lots fronting thereon to the full length of said district to be benefited and affected thereby.

All protests and objections to the carrying out of such intention must be presented in writing to the city recorder on or before the 8th day of September, 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 City, Utah.

By order of the board of commissioners of Ogden City, Utah.  
Dated this 14th day of August, 1913.  
H. J. CRAVEN,

City Engineer.  
First publication August 14, 1913.  
Last publication September 5, 1913.

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

To create Hudson avenue, north from 28th street as far as Hudson avenue is now opened through block 10, S. O. S., as a sewer district, and to construct therein a pipe sewer together with the necessary manholes, and connect all with the manholes of the present sewer system, and to defray the whole of the cost thereof, estimated at \$700 by a local assessment on the lots or pieces of ground laying and being within the following district, being the district to be benefited or affected by said improvements, viz:

All the land lying between the outer boundary lines of said avenue and a line drawn 132 feet outward from and parallel to the said outer boundary lines. Said district to be assessed for the cost of putting in the sewer between 28th and 29th streets, also for securing the right of way for said sewer, from the north end of said Hudson avenue to 28th street.

All protests and objections to the carrying out of such intention must be presented in writing to the City Recorder on or before the 18th day of September, 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 City, Utah.

By order of the Board of Commissioners of Ogden City, Utah.  
Dated this 26th day of August, 1913.  
H. J. CRAVEN,

City Engineer.  
First day of publication August 26, 1913.  
Last day of publication September 17, 1913.

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