

Woman's Page

Live and Move Naturally and With Perfect Freedom—Exercise Performed to the Accompaniment of Music Advantage Over Just Regular Gymnastic Exercises—Rhythmic Exercises for Whole Person—Value of Nuts in Cookery—Nuts for Chestnut Salad—Nut and Fruit Salad—Recipes for Chestnut Pudding.

RHYTHMIC EXERCISES

Objects in motion attract the eye before perfection of form. Therefore the woman who is trained body is the outward expression of a plan of rhythmic mind. Presenting lovely curves instead of angles, and whose step is as light as that of the fawn, is the one who pleases first, last and always. The secret of grace is complete control of the body. Consequently, in cultivating beauty (of which grace is a component part) it is imperatively necessary to live and move naturally and with perfect freedom from tension is a condition for graceful poise and harmonic rhythm. And through rhythmic gymnastics freedom from tension is most easily and quickly obtained.

Almost every one knows from personal experience that exercise performed to the accompaniment of music has infinite advantages over exercises performed without musical accompaniment. Regular gymnastic exercises have their place, and an important one. In them one has the element of control. But they lack the exhilaration of play that rhythmic gymnastics provide. In other words, gymnastic exercises are primarily for the body. Rhythmic exercises are for the whole person—for heart, mind and imagination, as well as for the arms, legs and chest.

Dancing is one of the resources for the expression of the joy of life, a resource that is directly related to health, vigor and beauty. That physical nature is most sensitive to rhythmical movement is easily proven in the actions of children when the "burdy-gurdy" man comes around. They simply cannot keep still. They dance and skip for joy about the hand organ. They invent dancing games for themselves, and songs, too, never minding what the sense may be if they only get a chance for active, rhythmical expression. The muscles of the body respond eagerly to the exhilarating rhythm of music.

NUTS AND THEIR VALUE

By the latter part of October nearly all nuts are at their best and the housekeeper who seeks variety, as well as the one of vegetarian principles, strives to work them into her bill of fare.

Much has been said for and against

the wholesomeness of a nut diet. Some of its advocates claim that nuts may take the place of meat in the menu, that they can be eaten by every one, and should be an essential part of the commissariat. So far have they carried their theory that the name of "nutarians" has been coined to describe them. Like most enthusiasts, they try to prove too much.

That nuts can be eaten instead of meat by some persons; that there are those who find them excellent in remedying constipation and other digestive disorders; that often they are less trying than sweets to the gastric powers, no open-minded person will deny. On the other hand, it is equally true that there are many stomachs which can stand them not at all or only in small amounts; that they often induce flatulence and intestinal discomfort, and that there are even those to whom nuts of any kind are most poisonous.

The only safe course to follow with regard to them is to consult the individual taste and digestion. If you and your family can eat nuts now is the time to get them at their best. Not only the native nuts are in the market, but the imported and domesticated Spanish or Italian chestnuts have made their appearance and are valuable in various ways. Those who can eat nuts make a mistake if they do not have them on the table often in one form or another. Best known to us are the salted or sugared nuts, the boiled or roasted chestnuts and the cracked walnuts, hickory nuts, or pecans, which are served as a dessert with raisins and dried fruits.

Excellent as nuts are in these guises, this is just a beginning of what can be done with them either as a dish by themselves or as an addition to other preparations. They are of value in cakes, in creams and jellies, in preserves and marmalades, as well as in croquettes and in bread, in sandwiches and in salads. Make a study of what can be done with them if you and your family are fortunate enough to be able to eat them and you will find their presence on the bill of fare almost always welcome.

NUT RECEIPTS

CHESTNUT SALAD

Boil, shell and blanch large Spanish chestnuts, and let them become perfectly cold. Arrange on lettuce the hearts of lettuce in a bowl and pour over all a good French dressing.

CHESTNUT SALAD

Shell and blanch your boiled chestnut and to a cup of these put as much tart apple, peeled and cut into dice, and a like quantity of celery, also diced. Serve on lettuce with a French or mayonnaise or good boiled dressing.

NUT AND FRUIT SALAD

Divide oranges into lobes, removing the white skin, and cut each lobe in half, peel and seed white grapes, slice bananas, shell and blanch English walnut kernels, and put equal parts of each together on heart of lettuce leaves. Over all pour a mayonnaise dressing, just before serving. If you choose you may substitute grapes for the orange and may use apples instead of bananas. Do not cut either apple or banana until the last moment before serving, as they are likely to change color.

ITALIAN CHESTNUT PUDDING

Boil a pound of large Italian chestnuts, peel them and put through a vegetable press. Moisten them with a couple of tablespoons of sherry, after you have heaped the powdery chestnuts in a shallow dish. Put whipped cream, a little sweetened over and around them, and garnish with whole chestnuts or maraschino cherries.

CHESTNUT PUDDING

Beat four eggs light, the yolks and whites separately; to the beaten yolks add a cup of boiled chestnuts which you have put through a vegetable press add to this a tablespoon of melted butter and two tablespoons cracker crumbs, crushed very fine, one tablespoon sugar, two cups milk, a little salt. All the whipped whites, turn into a pudding dish and bake to a delicate brown. Serve at once, as it soon falls, and eat it with a liquid sauce, well sweetened and flavored with sherry.

CUPID IS A WINNER

Pocatello, Ida., Oct. 27.—Harry Fox, now deputy county clerk, and Miss Mabel Weldman were married Saturday at the home of the bride's parents, Mr. and Mrs. Fred Weldman. The ceremony was performed by the Rev. Arthur Saunders of the Episcopal church, with only immediate friends and relatives present. Miss Hazel Worden of Boise and Will Phillips of Pocatello were married at Blackfoot Saturday by the Rev. J. H. Ross. The bride is a daughter of G. J. Worden and is a native of Blackfoot. The groom is an employe of the O. S. L. at Pocatello, where the couple will make their home.

Rollo Ashton, Hallenbeck of Portland, Ore., and Miss Nellie DeEtte Harr of Stanwood, Ia., were united in marriage Saturday morning at the Congregational parsonage by the Rev. Mr. Hutton. They will spend their honeymoon on the coast and reside at Portland, Ore.

Miss Alice Barrett, daughter of Mr. and Mrs. Thomas Barrett of this city, and James Mullaly, a former Pocatello boy, slipped quietly to Blackfoot Saturday and were married there. They will reside at Missoula, Mont.

EVIDENTLY NOT.

The fellow who said, "One-half of the world does not know how the other half lives," evidently did not exist in the period of ladies' aid societies, Thursday after whilst clubs, ladies of the round table sewing circles and like organizations.—Judge.

LITTLE TALKS ON BABYLOGY

By Anna Steese Richardson Babies' Bureau, Woman's Home Companion.

SLEEP.

The healthy baby is a sleepy baby. When a baby does not want to sleep, when it is restless and wakeful, one of two conditions exists; either it has been spoiled and actually trained to be wakeful by a thoughtless mother, or it is in need of medical care. A baby comes into the world sleepy. If well and left to his own devices, he sleeps twenty-two hours out of every twenty-four during the first few weeks of his life. The mother who interrupts his slumber to cuddle him or show him off is endangering his health, and her future peace of mind. Take a lesson from puppies and kittens. They sleep day and night. The wise mother-dogs and cats do not disturb them. The wise house-mother tells her children not to touch or disturb the newborn pets, and yet she will permit family and friends to break in upon the slumber of the newborn baby of the household.

Directly a baby has been ushered into the world, washed, dressed and fed, it goes to sleep. Unless roused for feeding, it is apt to sleep many hours. This is Nature's warning to mothers that newborn babies need just three things—warmth, food, sleep. And for the future good of the household, the greatest of these is sleep and the habit of sleeping. When a newborn baby is permitted to sleep and trained to sleep, the family and household routine is not disturbed.

The healthy baby starts life by sleeping three hours, and then waking to be fed. If the quality of the breast milk or bottle milk fed him is sustaining and satisfying, the three hour interval is correct. If the milk is not quite heavy enough, he may wake at intervals of two hours and a half, but no baby should be fed often than once in two hours. If he does not sleep in stretches of two hours there is something wrong with his general health or the quality of the milk he takes.

For two or three months, the baby varies his mode of eating and sleeping only by an enforced daily bath and an occasional crying spell. Some babies drop right off to sleep after being fed; others cry a little. Moderate crying does not hurt a baby nor indicate a serious condition. It is about the only form of exercise he has, and in moderation, is good for his lungs. But if his sleep is badly broken and his crying is shrill and prolonged, his digestion is probably at fault.

If the baby wakes up inside of two hours, and there is no evidence of ill-health or discomfort, the mother should let him wait, even if he cries until the two-hour limit is up. This period she can gradually increase to two hours and a half, and then to three hours. The healthy baby is easily trained.

Of course, a dimpled, rosy baby is a great temptation to the mother, especially while she is lying restfully in bed, with a nurse in attendance. It is so delightful to snuggle the baby against her, to cuddle his tiny fists, to smooth his soft cheek, his silky hair. But just the same, every time Baby's sleep is interrupted by these maternal pettings, Mother is laying foundations for future trouble. When she is up and about, with no nurse to relieve her, and household duties to perform, she will wish that she had trained baby to sleep to the limit of his desires and inclinations.

At the third month, the baby begins to take notice of what goes on around him and will be awake a little longer between naps. If undisturbed, however, he will soon drop off asleep of his own sweet will. At six months he sleeps from six o'clock to six, straight through the night, with just one feeding at 9 p. m. This 9 p. m. feeding should be given quietly and the baby immediately returned to his bed or crib. He should also be having two naps a day, from 9 to 11 in the morning, from 1 to 3 in the afternoon. If he sleeps too late in the afternoon he will be wakeful at 6, the hour set for going to sleep for the night.

After his first birthday, Baby has only one daily nap, in early afternoon, but the twelve hour sleep at night is essential to his health until he has passed his sixth birthday. It is nonsense to say that a young child does not want to sleep. Nature cries out for sleep. Parents interfere with nature by starting the baby off wrong and teaching it not to want to sleep. The best argument is that the baby who is kept up to romp with Papa in the evening, at the age of two, three or four years, is a late sleeper in the morning, irritable and heavy.

The baby should not be rocked to sleep, nor should he be tucked into a carriage and then trundled to sleep. In clear weather, he may be snuggled up in his carriage and set out of doors in a corner screened from draught or direct rays of the sun for both his morning and afternoon naps. At 6 o'clock, he should be undressed, made perfectly comfortable, fed and then laid down on a firm hair mattress without pillow, to go to sleep without further attention. Do not form the habit of singing a baby to sleep or holding his tiny hand till he drops off. There will come evenings when you are too tired to sing, or there will be other work for your busy hands to do—and Baby, not understanding, will raise his voice in protest.

From birth, the baby should sleep alone, in a dark room well ventilated. Baby knows no fear and needs no light. Neither does he need the warmth of an adult body. There have been sad tragedies of babies smothered by tired mothers, too heavy with sleep to know they had rolled over on the tiny, helpless form. There have been other cases where babies permitted to sleep with adults, afflicted with chronic disease, have contracted the ailment and died. Ventilation is important. Occasionally we read of unusual cases where parents boast that they have raised eight, nine, or ten healthy children in unventilated bedrooms. These children have been constitutionally strong enough to survive such doses of vitiated air. The modern mother does not take the chance. She supplies fresh air to her baby from birth. The little crib should not

SHE'S ENTHUSIASTIC FOR MRS. PANKHURST



Mrs. Harriet Stanton Blatch.

One of Mrs. Emmeline Pankhurst's most enthusiastic followers in America is Mrs. Harriet Stanton Blatch, president of the Woman's Political Union of New York and a prominent suffragist. Mrs. Blatch does not believe in militant methods for America, but maintains they are the only methods that can be used successfully by the suffragists of England.

stand in a draught, but the window should be dropped from the top and raised from the bottom to create a current of fresh, pure air. The crib, with its little sleeper, may be protected by curtains that can be used successfully by the suffragists of England.

Invite all Scots and their friends to attend their Halloween w. them, Thursday, October 30, Eagles Hall, Hudson avenue. Admission 25c.

BEGIN NEW HIGHWAY.

Portland, Oct. 27.—More than 500 persons attended the ceremonies incident to the beginning of the new state highway, which were held about eight miles this side of American Falls on the old Oregon trail this week. The ceremonies were conducted by members of the state highway commission and by representatives from Power and Cassia counties, which will contribute to the construction of the first thirty-three miles of the road, which constitutes the first link. The road will cost about \$500 a mile. Cassia county will furnish \$2000 of that amount. Power county will furnish \$15,000 and the state will provide the rest.

AN INDUCEMENT.

Wife—I wish, Harry, you'd get me a nice clock for my room. Hub—But I can't afford. Wife (interrupting)—If you will I'll set it back two hours the evening you go to the club.—Boston Transcript.

CHIEF WITNESS BREAKS DOWN

San Francisco, Cal., Oct. 28.—Dr. W. W. Frazer, chief witness of those attacking the legitimacy of the child said to have been born to Mrs. Dorothy C. Slingsby and heir to a \$1,000,000 fortune, broke down before a grand jury inquisition last night and admitted that he had received \$500 for falsifying the birth certificate.

Doctor Admits Receiving \$500 for Falsifying Slingsby Child's Birth Certificate.

The evidence was taken before the British vice consul here and discrepancies in testimony of doctors, nurses and other confirmatory witnesses, to the charge that the alleged heir was really the daughter of a Santa Rosa high school girl and a chauffeur, caused District Attorney Charles M. Flickert to start an investigation. Tonight's disclosure was the first result and the first break in a seemingly test proof line of stories. The Slingsby's now believe the case has nothing left to stand on.

FRIENDS SEARCH FOR COPPER MINE OWNER

New York, Oct. 28.—It was learned today that friends of William M. Worthington, copper mine owner from Douglas, Ariz., a man of large wealth, had asked the police to help trace his whereabouts. He came to New York the first of the month to see the world's baseball championship games, and had been transacting business here up to a week ago, when he suddenly disappeared and nothing further was heard of him at the hotel where he registered or by his friends here. The last seen of him, it is said, was on the night of October 22, when he took a taxi on Broadway, supposedly to return to his hotel. His friends fear that some harm has befallen him.

GOING ON CASH BASIS

Idaho Falls, Ida., Oct. 27.—Grocers of this city have announced that their dealings will be on a strictly cash basis on and after January 1, 1914, and also that they will charge all patrons living in town 5 cents extra for all deliveries of less than \$1 in value after November 15 of this year. The imposition of mail-order business is given as a reason for the cash basis, and dealers say that the small deliveries do not pay.

HAVE DARK HAIR AND LOOK YOUNG

Nobody can Tell when you Darken Gray, Faded Hair with Sage Tea.

Grandmother kept her hair beautifully darkened, glossy and abundant with a brew of Sage Tea and Sulphur. Whenever her hair fell out or took on that dull, faded or streaked appearance, this simple mixture was applied with wonderful effect. By asking at any drug store for "Wyeth's Sage and Sulphur Hair Remedy," you will get a large bottle of this old-time recipe, ready to use, for about 50 cents. This simple mixture can be depended upon to restore natural color and beauty to the hair and is splendid for dandruff, dry, itchy scalp and falling hair. A well-known downtown druggist says everybody uses Wyeth's Sage and Sulphur, because it darkens so naturally and evenly that nobody can tell it has been applied—it's so easy to use, too. You simply dampen a sponge or soft brush and draw it through your hair, taking one strand at a time. By morning the gray hair disappears; after another application or two, it is restored to its natural color and looks glossy, soft and abundant.—Agents, A. R. McIntyre.

CALEDONIANS

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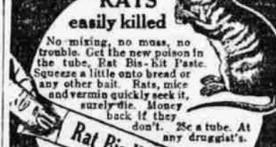
Eczema Is Only Skin Deep

Proven by D. D. D.

A few skin troubles originate in the blood. But very few. Dr. Evans, Ex-Commissioner of Health and a famous writer on medical subjects, says: "We shall begin to make headway with skin disease when we learn two things: first that skin disease does not come from impure blood; second, that so-called blood purifiers have no such action. Get busy then and clear up your skin. Stop that itching and burning. Give yourself a smooth, velvet complexion. Make up your mind to start now and give yourself a smooth, velvet complexion. You can do it with the aid of the wonderful D. D. D. prescription—a cooling, refreshing lotion—not a salve or grease—it soothes your tender skin, opens the pores, drives out the old impurities and gives you a skin like a baby's smooth and clear. All druggists have it. D. D. D. We sell it on a positive no-pay guarantee. You don't risk a cent. Don't suffer another day. Call at our store today. Ask also about D. D. D. soap—best for tender skin. Culley Drug Co.

D. D. D. PRESCRIPTION

—For 15 years— the standard skin remedy



RATS easily killed

No mixing, no mess, no trouble. Get the new poison in the tube, Rat Bis-Kit Paste. Squeeze a little onto bread or any other bait. Rats, mice and vermin quickly seek and die. Money back if they don't die. Ask for it at any drug store.

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TRADE MARK OF QUALITY TREE TREE TEA

HEAR THE EDISON NEW DISC

Come in and hear Mr. Edison's great new machine. The new Edison reproduces the song as perfect as if the singer was right in the room with you. It has a diamond reproducer (no needles to bother with). Records are indestructible. Call at once and make arrangements for a week's trial in your home. This machine is in a new class; we guarantee to please you.

FREE TRIAL

PROUDFIT SPORTING GOODS CO.

351 and 353 24th St.

OGDEN SHOE REPAIRING FACTORY

Ladies' Sewed Soles 50c
Rubber Heels (any kind) 35c
Extra time for same repairing from 6 a. m. to 9 p. m.
All kinds of Shoes Done While You Wait
323 24th Street.

"I should worry"

For Sale by GEO. A. LOWE CO.

This New Illustrated Book For Every Reader

CERTIFICATE OF PRESENTATION

(THIS IS A 400-PAGE BOOK)

PANAMA AND THE CANAL

PRESENTED BY THE OGDEN STANDARD, OCT. 28.

AS EXPLAINED BELOW

See the Great Canal in Picture and Prose

Read How You May Have It Almost Free

Cut out the above coupon, and present it at this office with the expense amount herein set opposite the style selected (which covers the items of the cost of packing, express from the factory, checking, clerks hire and other necessary EXPENSES), and receive your choice of these books:

PANAMA AND THE CANAL This beautiful big volume is written by Willis J. Abbott, a writer of international renown, and is the acknowledged standard reference work of the great Canal Zone. It is a splendid large book of almost 500 pages, 9x12 inches in size; printed from new type, large and clear on special paper; bound in tropical red vellum cloth; title stamped in gold, with inlaid color panel; contains more than 600 magnificent illustrations, including beautiful pages reproduced from water color studies in color. It is a standard reference work, and is the only one of the kind that far surpasses any work of a similar character. Call for it and see this beautiful book that would sell for \$4 under usual conditions, but is presented to our readers for SIX of the above Certificates of consecutive dates, and only the \$1.18

Sent by Mail, Postage Paid, for \$1.59 and 6 Certificates

Panama and the Canal Regular octavo also; text matter practically the same as the 500 page volume, bound in blue vellum cloth, contains only 100 photographs and illustrations, and the color plates are omitted. This book would sell at \$2 under usual conditions, but is presented to our readers for SIX of the above Certificates of consecutive dates and only the 48c

Sent by Mail, Postage Paid, for 67 Cents and 6 Certificates

You Need This Great Nerve Tonic

Over-Eating, Drinking, Smoking or Any Excess Causes Nervousness.

AMBITION PILLS SURELY DO CURE

The A. R. McIntyre Drug Co. is having a lively sale of Wendell's Ambition Pills these days because the people of Ogden who have tried them know that they tone up the entire system and impart vigor and energy into run down people in a few days and because they are guaranteed to do exactly as advertised or money back. If you feel blue, have lost confidence in yourself, are despondent, weak and tired out, a 50 cent box of Wendell's Ambition Pills is all you need. Finest prescription for headaches, nervous troubles, poor blood, kidney and liver complaints, malaria, neuralgia, trembling and loss of appetite. They never fail to end constipation. Get them at A. R. McIntyre Drug Co. and dealers everywhere for 50 cents. Mail orders filled, charges prepaid, by Wendell's Ambition Pills, Syracuse, N. Y.