

Weekly Health Talks
GOING BACK TO NATURE

BY DR. W. LUCAS.
People get sick because they get away from Nature, and the only way to get well is to go back. Something grows out of the ground in the form of vegetation to cure almost every ill. Some of these vegetable growths are understood by man, and some are not. Animals, it would seem, know what to do when they are sick better than men and women. Observers have noted that a sick horse, dog or cat will stop eating food and seek out some vegetable growth in the field or yard, which, when found and eaten, often restores appetite and health. Haven't you seen these animals do this very thing yourself?

Dr. Pierce, of Buffalo, N. Y., long since found the herbs and roots provided by Nature to overcome constipation, and he had these vegetables collected and made up of Mayapple, leaves of Aloe, root of Jalap, into little white sugar-coated pills, that he called Dr. Pierce's Pleasant Pellets. You must understand that when your intestines are stopped up, poisons and decayed matter are imprisoned in your system, and these are carried by the blood throughout your body. Thus does your head ache, you get dizzy, you can't sleep, your skin may break out, your appetite declines, you get tired and dependent. As a matter of fact, you may get sick all over. Don't you see how useless all this suffering is? All that is often needed is a few of Dr. Pierce's Pleasant Pellets, which he has placed in all drug stores for your convenience and health. Try them by all means. They are probably the very thing you need right now.

The Class.
"Speech is a mighty engine of action."
"I must admit it is often a hot-air engine."

UPSET STOMACH

PAPE'S DIAPEPSIN AT ONCE ENDS SOURNESS, GAS, ACIDITY, INDIGESTION.

Don't stay upset! When meals don't fit and you belch gas, acids and undigested food. When you feel lumps of indigestion pain, flatulence, heartburn or headache you can get instant relief.



No waiting! Pape's Diapepsin will put you on your feet. As soon as you eat one of these pleasant, harmless tablets all the indigestion, gases, acidity and stomach distress ends. Your druggist sells them. Adv.

Naturally.
"Are that deaf and dumb couple on bad terms?"
"Well, they don't speak."

Don't trifle with a cold—it's dangerous. You can't afford to risk Influenza. Keep always at hand a box of



Standard cold remedy for 20 years—in tablet form—safe, sure, no opiates—breaks up a cold in 24 hours—relieves grip in 3 days. Money back if it fails. The genuine box has a Red top with Mr. Hill's picture. At All Drug Stores.

Calf Enemies

WHITE SCOURS BLACKLEG
Your Veterinarian can stamp them out with Cutter's Anti-Calf Scour Serum and Cutter's Germ Free Blackleg Filtrate and Aggression, or Cutter's Blackleg Pills.

Ask him about them. If he hasn't our literature, write to us for information on these products.
The Cutter Laboratory
Berkeley, Cal., or Chicago, Ill.
"The Laboratory That Knows How"

Both Beef and Milk

The one breed that excels in both beef and milk is the Short-horn. Short-horn steers repeatedly broke the records at the markets in 1918, making the highest record on the open market of \$30.50 per cwt. And Short-horn cows have milk records of over 17,000 lbs. per year. It is the farmer's friend, having extra milk, quality and quiet temperament.

Good Medicine is needed promptly to COLIC AND LA GRIPPE. Ask for A WEEKS' BREAK-UP-COLD TABLETS - 25c. All druggists sell them.

W. N. U., Salt Lake City, No. 8-1919.

GIRLS! LOTS OF BEAUTIFUL HAIR

A small bottle of "Danderine" makes hair thick, glossy and wavy. Removes all dandruff, stops itching scalp and falling hair.



To be possessed of a head of beautiful hair; soft, lustrous, fluffy, wavy and free from dandruff is merely a matter of using a little Danderine. It is easy and inexpensive to have nice, soft hair and lots of it. Just get a small bottle of Knowlton's Danderine now—it costs but a few cents—all drug stores recommend it—apply a little as directed and within ten minutes there will be an appearance of abundance, freshness, fluffiness and an incomparable gloss and lustre, and try as you will you cannot find a trace of dandruff or falling hair; but your real surprise will be after about two weeks' use, when you will see new hair—fine and downy at first—yes—but really new hair—sprouting out all over your scalp—Danderine is, we believe, the only sure hair grower, destroyer of dandruff and cure for itchy scalp, and it never fails to stop falling hair at once. If you want to prove how pretty and soft your hair really is, moisten a cloth with a little Danderine and carefully draw it through your hair—taking one small strand at a time. Your hair will be soft, glossy and beautiful in just a few moments—a delightful surprise awaits everyone who tries this. Adv.

The Kind.
"Have they any soft drinks here?"
"Yes, all but the hard water."—Baltimore American.

Get New Kidneys!

The kidneys are the most overworked organs of the human body, and when they fail in their work of filtering out and throwing off the poisons developed in the system, things begin to happen. One of the first warnings is pain or stiffness in the lower part of the back; highly colored urine; loss of appetite; indigestion; irritation, or even stone in the bladder. These symptoms indicate a condition that may lead to that dreaded and fatal malady, Bright's disease, for which there is said to be no cure. Do not delay a minute. At the first indication of trouble in the kidney, liver, bladder or urinary organs start taking Gold Medal Haarlem Oil Capsules, and save yourself before it is too late. Instant relief is necessary in kidney and bladder troubles. A delay is often fatal. You can almost certainly find immediate relief in Gold Medal Haarlem Oil Capsules. For more than 200 years this famous preparation has been an unfailing remedy for all kidney, bladder and urinary troubles. It is the pure, original Haarlem Oil your great-grandmother used. About two capsules each day will keep you toned up and feeling fine. Get it at any drug store, and if it does not give you almost immediate relief, your money will be refunded. Be sure you get the GOLD MEDAL brand. None other genuine. In boxes, three sizes.—Adv.

Young America's Question.
"That caps the climax."
"Doesn't the climax ever go bare-headed, pa?"

GREEN'S AUGUST FLOWER

Has been used for all ailments that are caused by a disordered stomach and inactive liver, such as sick headache, constipation, sour stomach, nervous indigestion, fermentation of food, palpitation of the heart caused by gases in the stomach. August Flower is a gentle laxative, regulates digestion both in stomach and intestines, cleans and sweetens the stomach and alimentary canal, stimulates the liver to secrete the bile and impurities from the blood. Sold in all civilized countries. Give it a trial.—Adv.

Opposites Meeting.
"Let that man down easy."
"Why?"
"He's hard up."

Cuticura for Sore Hands.
Soak hands on retiring in the hot suds of Cuticura Soap, dry and rub in Cuticura Ointment. Remove surplus Ointment with tissue paper. This is only one of the things Cuticura will do. If Soap, Ointment and Talcum are used for all toilet purposes.—Adv.

When a man compliments a woman, she always admires his frankness.

Washington the Gentleman by F.A. Nutchel

ONE AFTERNOON during the American Revolution Lieut. Ernest Travers, a British officer, was riding over the plateau on which Morristown, N. J., is built, approaching a place called Backing ridge. There was nothing in his dress to indicate that he was a soldier, for he was in mufti. On reaching Back-



There Was Nothing to Indicate That He Was a Soldier.

ing ridge he turned into a road leading to the residence of a gentleman named Harrington, a patriot himself, but whose family were all bitter enemies of the Revolution.

Lieutenant Travers had been notified by Isabel Harrington, to whom he was betrothed, that her father would be away from home that day and asked him to come to see her. She was waiting for him and seeing him approach signaled him that he might come to the house without risk. Tying his horse to a hitching post at the gate, he went up the walk.

"I asked you to come today," said the lady, "first, because father is away, secondly because I wish to aid the king's cause through you."

"I hope you are not going to enlist me for a spy," said the young man. "I am ready to serve my king as a soldier, but spying is not my taste."

"So you said in your letter when I suggested your coming. Well, we will not discuss that matter; we may at least enjoy your visit."

"Is your father expected to return soon?" asked the young man. "I don't know; why do you ask?"

"It would have been impossible for me to come from New York to your house so near Washington's headquarters in uniform without meeting rebel troops. You see I am in citizen's dress. If captured clothed as I am, I would be condemned and hung as a spy."

The girl shuddered. A moment later from her seat beside a window she espied her father and a man whom she recognized as General Washington dismounting from their horses in front of the gate.

"Heavens!" she exclaimed. "You are lost!"

Travers saw what she had seen. She begged him to permit her to hide him but he would not. "I am not a spy," he said; "if I were found in hiding it would go hard with me. It is bad enough as it is without making it worse. Besides, my horse has given me away. They know that some one is within. Should I take to flight, if caught I would surely be considered a spy."

At this moment Mr. Harrington and General Washington started for the



"Heavens! You Are Lost!"

house. When they entered Isabel introduced Lieutenant Travers as Mr. Archibald. Her father looked at the visitor suspiciously; he did not remember to have seen him there before. "His excellency," said Harrington, "and I are here for a conference. We will go into my den for the purpose." Then in a different tone, "But Isabel, what is the matter with you?"

The girl was so frightened that she trembled. Washington, who suspected from the visitor's refined appearance that he was a Tory, if not a British officer, said to him: "Men of your age, sir, are needed in our army."

Travers saw that Isabel's want of self-control had started what would

end as an exposure. He chose a dignified, a manly course. "General," he said, "to sail under false colors is not to my taste. I am a lieutenant in the king's army. I came here in obedience to Miss Harrington's invitation to visit her."

"Are you aware, sir, that to be found so near our army in citizen's dress indicates that you are looking for information?"

"I am aware, General, that I am in a position to be considered a spy, but I am simply a visitor at the house of Mr. Harrington. If my word is not sufficient, I may be searched."

"If information concerning our forces were found on you, sir, it would prove the case against you. But if such information were not found on you, that would not exonerate you."

The matter was embarrassing for the general. Travers had been caught in Mr. Harrington's house, a visitor to Miss Harrington, whose father was a patriot, a friend of Washington's, and aiding in every way within his power the cause of the colonies.

"Give me your word of honor, sir, not to leave this place," said the general. "I will withdraw to another room with Mr. Harrington and when I return will announce my intentions in regard to you."

"Do not consider me or my daughter in this matter, general," interposed Mr. Harrington.

"In that case," said the general, "I consider it my duty to send for a detachment to take your guest into custody."

At this Isabel broke down. Dropping on her knees before the general she begged him to permit her lover to depart. Washington's heart was touched by her appeal, but this did not prevent his doing his duty.

"Have you any proof," he asked, "that this gentleman is not here for military information?"

"I will confess, I have been collecting information of your forces and wrote Lieutenant Travers to come for it. He replied—"

Travers' letter declining to make a spy of himself occurred to her; she

took it from the bosom of her dress and handed it to him. Washington read the letter, then calling for a pencil wrote on its back: "Pass the bearer to the British lines."
"GEORGE WASHINGTON, Gen'l in Chief."
(Copyright, 1918, Western Newspaper Union.)

INAUGURATION HAD TO WAIT

Why George Washington Was Not Formally Made President Until April 30, in 1789.

Although March 4 is the date set by law for the ceremony of the inauguration of our presidents, there was one occasion when the rule was not observed, for George Washington was inaugurated on April 30, 1789, instead of March 4.

When the Constitution had been ratified by the requisite number of states the Continental congress by resolution of September 13, 1788, set the first Wednesday of the following March (March 4, 1789) as the "time for commencing proceedings" under the new form of government.

Owing to delays of various kinds, such as difficulties of travel, etc., members of the first congress were very slow to assemble in New York, and a quorum of both houses was not obtained until April 6. The counting of the electoral vote, the notification of Washington of his election to his high office, and his journey from Mount Vernon to New York took until April 23, and his inauguration was set for April 30.

His term of office was, however, construed as having commenced on March 4, the date set by the Continental congress for the inauguration of the new government, and so it came to an end on March 4, 1793, although it lacked nearly two months of the four years provided for by the Constitution.—New York Times.

Washington's Peculiar Fitness. It is the conclusion almost unanimous among historians that George Washington was the only man among the Fathers of the Republic fitted mentally and temperamentally to carry the revolution to victory. The tremendous burden not only of creating and organizing an army from raw and undisciplined volunteers in the face of a strong enemy, but also of organizing the patriotism of the country through voluminous correspondence with the governors and leading men of the colonies and of maintaining both organizations through weary years of military disasters, political bickerings and petty jealousies, would have crumpled the back of any other man the revolution produced. He had to be at one and the same time general, diplomat and statesman.

Washington
WHEN dressing kings, at odds with swift paced time,
Would strike that banner down,
A nobler knight than ever writ or rhyme,
With fame's bright wreath did crown,
Through armed hosts bore it till it floated high
Beyond the clouds, a light that can not die!
Ah, hero of our younger race!
Great builder of a temple new!
Ruler, who sought no lordly place!
Warrior, who sheathed the sword he drew!
Lover of men, who saw afar
A world unwarred by want or war,
Who knew the path, and yet forbore
To tread it, till all should improve;
Who saw the light and led the way
Where the gray world might grope the day
Father and leader, prophet sure,
Whose will in vast worlds shall endure,
How shall we praise him on the day of days,
Great son of fame who has no need of praise?
How shall we praise him? Open wide the doors
Of the fair temple whose broad base he laid,
Through its whose halls a shadowy cavalcade
Of heroes moves o'er unswerving floors—
Men whose bravest arms upraised the columns high
And reared the towers that vanish in the sky—
The strong who, having wrought, can never die.
—Harriet Monroe.

"ONLY HIS RIGHT"
Washington Upheld Action of Man Who Would Not Make Way.

DESPITE President Washington's dignity, he was ever democratic. He was also just. Both qualities are illustrated by a story of him told by Rev. Dr. Alfred Ely, a Massachusetts clergyman, who died in 1866. Doctor Ely told the story in a Fourth of July address delivered some years before his death, and it was taken down and published in practically his exact words. The tale exemplifies Washington's magnanimity, as well as the almost idolatrous reverence felt for him in his own day.

"When a boy," said Doctor Ely, "I resided in West Springfield, Mass., and worked on a farm. In the autumn of the year 1789 I was engaged with my employer in gathering a load of corn-stalks from a field not far distant from the Connecticut river. My employer had driven the loaded team from the lot and left me, as usual, to put up the bars. While thus occupied I noticed the approach of four fine horses and a large vehicle. There was no driver upon the carriage, but astride the high horse of each span was a young mulatto postilion. There were also two outriders and a footman. The vehicle, in which was seated a gentleman whose striking personal appearance impressed me, was called in those days a chariot. I saw the outriders gallop up in advance of the chariot and hold a parley with my employer, who occupied the entire road with his loaded cart. I perceived that my employer yielded none of his right to the road, and that the chariot was detained by the cart until they reached a turnout, where the cortege passed by. I soon overtook my employer and inquired who the distinguished personage was who had just passed us, and was informed that it was George Washington. I obtained permission to run on and see if I could not catch another glimpse of the great chieftain, whose deeds during the war had so filled my wondering fancy. In this I was not disappointed. I found General Washington waiting for the ferry, on the bank of the river, dressed in a saff-colored surcoat, with a long-lapelled vest of the same color and material, and in small clothes and boots, the most majestic and dignified looking man that I ever saw.

"While I was gazing upon him one of his postillions drove up, and, dismounting and uncovering his head, said in the most deferential manner, and with an expression of injured dignity: "Your excellency, as we were driving along, a little way back, we overtook a man with a loaded cart, who occupied the entire road. I asked him to stop his team that we might pass by. He declined. I then told him that President Washington was in the chariot. He again refused, and said that he would not stop—that he had as good a right to the road as George Washington had."

"The simple reply of Washington was: 'And so he had!' The postillon, after a moment's look of wonder and astonishment at the condescension of the president of the United States, quietly put on his hat and mounted his horse."



"And So He Had!"

Arctic Circle Flower Garden. A flower garden in Spitzbergen sounds like an anomaly. Spitzbergen being within the arctic circle. A party of British travelers, struck with the beauty of a plateau, called it the Flower Garden ever after. It was in the nineties of last century and the party that of Sir Martin Conway. Heading in midsummer on one of the headlands by Dickinson bay, they were impressed with the deep water, clear as crystal, the marvelous wealth of seaweed, the splendor of a great glacier and the sharp blue peaks of the mountains separating glacier from glacier; while in another direction, over Advent point, coiled wreaths of ragged clouds. Added to it all was a carpet of flowers—arndromeda, saxifrages and dryas; so the Flower Garden was actual after all.

French in South America. Throughout South America French is almost universally read; editions of the classics are in most homes, and book stores are filled with modern French writers of prose or verse, both in translation and in the original.

Wholesome Don't. Don't lose your temper. It is of far more importance to keep good tempered and undisturbed even if things do go a little wrong than to set the nerves of the whole family on edge because of some omission.

Queens
Ancient queens, with all their fabled wealth, never had more than is here for your selection. Our reliable prices ease the way.
BOYD PARK
MAKERS OF JEWELRY
106 MAIN STREET SALT LAKE CITY

BARGAINS IN USED CARS
50 splendid used cars—Buicks, Oldsmobiles, Buicks—\$250 to \$600. Guaranteed first class running condition—easy terms if wanted by right parties. Write for detailed list and description. Used Car Dept.
Randall-Dodd Auto Co., Salt Lake City

SEND US YOUR FROZEN, LEAKY, DAMAGED RADIATORS
We pay transportation one way. Returned like new. ACETYLENE WELDING in all its branches. We save you time and money.
H. & E. Radiator & Welding Co.
252 Edison Street, Salt Lake City, Utah

HELP WANTED
If you want big wages learn barber trade. Many small towns need barbers: good opportunities open for men over draft age. Barbers in army have good as officers' commission. Get prepared in few weeks. Call or write. Mosier Barber College, 43 S. West Temple St., Salt Lake City.

TURKS' "FEAST OF BAIRAM"
Day That is Observed by Moslem Corresponds With the Christmas of the Christians.

The Turk takes his pleasures pretty sadly; about the only time he publicly relaxes is during the feast of Bairam, which in the way of gift giving, feasting and good will to man corresponds to our Christmas. On that day every good Moslem kills a lamb, its fleece dyed a bright orange with gold or silver leaf, says the Christian Science Monitor.

When the lamb has been sacrificed on the morning of the festival, its flesh is divided into three portions, one being given to the poor, another to relatives, the third being kept for the household. On that day the sultan goes to the mosque which is nearest the Yildiz Kiosk—the vast assemblage of buildings which go to make up the imperial residence—thousands collect to watch the bent, frock coated, yellow faced, blackeyed, red fezzed little inn driven sadly by, in a plain black barouche; followed by regiments of cavalry, infantry and marines; also—a quaint custom—by a half-dozen led horses—beautiful, graceful Arabians. The month-long fast of Ramadan is held by the Moslem to be a divine institution. Its observance is strictly enjoined on all true believers over the age of fourteen, invalids and travelers only excepted. Ramadan is held in the ninth month of the Mohammedan year. The Moslem year being lunar, Ramadan makes in the course of time the round of the seasons. But through the winter days, from sunrise to sunset, the pious Mohammedan does not take a bit of food or sup of drink; he also abstains entirely from coffee, tobacco and sweets. But the moment the echoes of the sunset gun have died he is at liberty to break his fast.

Gautier and His Cats. One of Gautier's peculiarities was love for cats. As soon as he could conveniently do so he afforded himself the luxury of twelve of the handsomest felines that money could purchase. It was an interesting sight to behold this Hercules in his writing room playing with his regiment of cats, whom he had taught to love one another as they did himself. When some of them broke a valuable object of art—his study, by the way, was a curiosity shop—he seriously deliberated upon getting rid of them; but when the man he had engaged came to remove the obnoxious pets, he relented and sent him away. He named each one of them after some well-known person to whom he fancied it bore resemblance, physical or otherwise. He seldom wrote anything without a cat or two in his lap.—Maurice Mauria.

Arctic Circle Flower Garden. A flower garden in Spitzbergen sounds like an anomaly. Spitzbergen being within the arctic circle. A party of British travelers, struck with the beauty of a plateau, called it the Flower Garden ever after. It was in the nineties of last century and the party that of Sir Martin Conway. Heading in midsummer on one of the headlands by Dickinson bay, they were impressed with the deep water, clear as crystal, the marvelous wealth of seaweed, the splendor of a great glacier and the sharp blue peaks of the mountains separating glacier from glacier; while in another direction, over Advent point, coiled wreaths of ragged clouds. Added to it all was a carpet of flowers—arndromeda, saxifrages and dryas; so the Flower Garden was actual after all.

French in South America. Throughout South America French is almost universally read; editions of the classics are in most homes, and book stores are filled with modern French writers of prose or verse, both in translation and in the original.

Wholesome Don't. Don't lose your temper. It is of far more importance to keep good tempered and undisturbed even if things do go a little wrong than to set the nerves of the whole family on edge because of some omission.