

CYNTHIA GREY'S COLUMN IS OPEN TO EVERY READER OF THE TIMES; IF YOU ARE IN TROUBLE, TELL HER ABOUT IT

# THE FAMILY PAGE

A PAGE OF NEWS THAT WILL INTEREST EVERY MEMBER OF THE FAMILY, YOUNG AND OLD; EXCELLENT FEATURES FOR ALL

## Death Lurks In the Neglected Garbage Pile, For There's Where the Typhoid Flies Breed

The Problem of Sanitary Disposal of Waste Must Be Faced—Feed, Burn or Bury the Refuse From Your Kitchen—Whatever You Do, Don't Let It Become a Rendezvous for Flies.

The problem of sanitary disposal of waste is one that every family must face. The cities as yet haven't gone very far toward solving this problem, so it devolves on every householder, in cities as well as in the country, to face it personally. It's much better to face this problem than to face typhoid. For typhoid—as well as other deadly diseases—haunts the unsanitary garbage pile.

**Flyproof Cans.**  
The best and most economical way to dispose of fresh kitchen garbage—the trimmings from meat and vegetables and wastes from the table—is to feed it. Before decomposition has set in it is excellent food for hogs and chickens and it goes without saying that they like it. But in cities hogs are taboo, and not everybody can keep chickens.

Where there is regular collection of garbage a can with a tight fitting lid should be provided for temporary disposal. It is essential that the can be fly proof. FOR DECOMPOSING GARBAGE IS AN IDEAL BREEDING PLACE FOR FLIES.

And every fly is a messenger for the angel of death.

If possible garbage should be removed from the temporary receptacle before decomposition sets in.

**Or Bury It.**  
Where there is no system of garbage collection and disposal, municipal or private, and where there is garden ground available, garbage may be buried. If covered with three or four inches of soil—not too deep—it will decompose rapidly and harmlessly and furnish excellent fertilizer. The earth serves to reduce the odor of decomposition to a minimum and to keep away flies.

Where the burial mode of disposal cannot be practiced, burning may be resorted to. Garbage can be disposed of in a sanitary way by simply burning it in the kitchen range. This method, however, is open to the objection that it may cause an unpleasant odor and



"EVERY FLY IS A MESSENGER FOR THE ANGEL OF DEATH."

that, where there is much grease which is inserted in an expanded section of stovepipe. Garbage placed into this basket is reduced to clean charcoal. Then the charcoal can be burned in the stove.

At the last the whole question of the disposal of waste simmers down to the simple question of getting the waste matter disposed of without letting the flies get to it for breeding or feeding.

## Simple Home Lessons in 'First Aid to Injured,' and Abused Feet

Some 3400 years ago the children of Israel, during the 40 years wandering, were blessed with freedom from swollen feet and foot ailments. A thousand years later Nehemiah thought that fact worthy of recording in the Great Book.

But—and now the sad and serious pedal tragedy ladens the air with a most doleful plaint—our feet are NOT what they used to be. We now have corns and bunions, tender feet and tired ones, cold feet—physical and otherwise, and other divers things to contend with, not to speak of trying to wear a number three shoe on a number five foot.

"Shoes," a shrewd observer once remarked, "have killed and wounded more people—men, women and children—than all the cannons of all the warring ages did."

At present the method of going to the shoe shop and purchasing a pair of shoes that look "well" is bad for any feet, but worst of all for children. Rather should we buy shoes that FIT WELL the foot the Creator gave us, and consider "style" as of secondary importance; the better still, consider it not at all when choosing shoes for the little feet of our children.

So much for prevention, which while it is better than a cure, doesn't cure at all when once the feet suffer from one or more of the ailments to which mortal pedals are heir to. The following suggestions may prove helpful in placing ailing members upon a proper foundation:

**WARM SALT BATHS** are the best cleansers and tonics for the feet. Bathe them once or in case of excessive perspiration, twice a day in a footbath half filled with lukewarm water into which a double handful of sea salt has been thrown. At night before retiring, such a bath will remove the dust of the day and will soothe tired feet. Taken in the morning and followed by a cold water shower it is a good tonic and prevents chills.

**ONCE A WEEK THE FOOTBATH** should consist of warm water and a good lather of soap. If the joints are massaged with vaseline, they will become more supple.

**AFTER THEY HAVE BEEN BATHED**, the feet should be carefully dried between the toes; sprinkle freely with bismuth and place dry absorbent cotton between the toes if there is a tendency to soreness.

**TIRED FEET** are much refreshed by being bathed in hot water. Rubbing them with alcohol or witch hazel is also restful, especially for tender feet, and often prevents perspiration.

**WHEN THE FEET BURN** from long standing, soak them in a basin of warm water in which two tablespoonfuls of baking soda is dissolved.

**A GOOD TREATMENT** for corns consists in applying castor oil. Wet a piece of linen with the oil and lay it on the corn. A bread and vinegar poultice is also good. All sorts of remedies for corns are to be found everywhere. Before applying any of them, the corn should be soaked in hot water and softened; then after cutting or scraping away as much of the hard tissue as possible, apply the remedy.

**FOR A SOFT CORN** dip a piece of linen cloth in turpentine and wrap it around the toe on which the corn is every night and morning. An equally tried remedy is to tie a slice of castile or any other pure soap upon the soft corn when going to bed.

**WHEN THE FEET become enloused**, rub that part with pumice stone, and then paint it with a solution of salicylic acid and alcohol.

**FOR BUNIONS**, an excellent lotion consists of: Glycerin, two drachms; carbolic acid, two drachms; tincture of iodine, two drachms. Apply to bunion every day with a camel's hair brush. A daily hot footbath often relieves the pain. The portion of the shoe which presses upon the bunion should be cut away and replaced by an invisible patch. This removes the cause. This removal of the cause, and the daily application of the lotion will effect a cure. A few drops of sweet oil may be used in place of the above mentioned lotion in some cases.

**INGROWING NAILS** can be cured, it is said, by powdered alum used freely for a few days. Apply a formation of soap and water for 24 hours beforehand, and then pour the alum into the space between the nail and its bed, damping with cotton to keep the alum in place. Repeat the application daily.

**FOR FEET THAT PERSPIRE** excessively use: Oxide of zinc, one ounce; starch, two ounces; salicylic acid, one drachm; talcum powder, seven ounces; oil of wintergreen, five drops. Mix well, adding oil last. Dust in shoes and rub on feet.

## "Off With the Old, On With the New" Has Been Motto of This American Buddhist

"One comes to a time when life begins to repeat. We tire of our keeping ourselves beautiful, of ordering gowns. Travel becomes a twice told tale. Men who used to interest us now bore us. We must seek the wide world over for something new, something different and untried," says Mrs. Amy C. Gouraud, the beautiful American woman whose exploits would fill a large volume.

Not so many years ago this picturesque widow of the late Jackson Gouraud, was heralded as the "Ivorest," the richest, the most willful miss in the whole of California. Since then she has been Mrs. Porter Ashe, Mrs. Harry Gillig, and now Mrs. Gouraud.

The entire world has been her playground. In China, Japan and other Asiatic countries she dressed and lived as did the natives. In Burma she dressed as a dancing girl and led in their frolics. In Tahiti she wore the native costume for several weeks, although it consisted of little else than a straw apron.

Once, on a dare, she spent several weeks in the harem of a maharaja of India. It was in India that she became converted to the Buddhist religion. Upon her return to America she brought her Buddha idols with her, devoting the third floor of her New York mansion entirely to Buddha.

It is said that Mrs. Gouraud is the only woman in the aristocratic Fifth avenue district upon whose skin the art of the tattoo expert is boldly flaunted. Upon her right arm an arrow-pierced heart, and on the shoulder a life-size butterfly attract much attention when evening dress leaves them unsheltered. Of these the wealthy American is as proud as is the sailor of the tattooed anchor upon his arm.

Recently she published a book, one chapter of which concludes thusly:

Betty was tired of Bob. And Bert. And Reggie. And Buddha, too. Buddha was only a god. Billy was a man! So they were married.



MRS. AMY C. GOURAUD

## Home Hints for Housekeepers

If grease is spilt on the kitchen table, cover the spot at once with salt, which will prevent the grease soaking into the wood.

In sweeping a carpet it is sometimes difficult to get up long hairs or threads of stuff. The best way is to brush lightly round and round instead of straight along. All threads will then be forced in a sort of ball, and can be easily picked off the broom.

A soft cloth dipped in spirits of wine and rubbed on soiled leather will remove every spot.

Four or five drops of castor oil allowed to trickle down into the heart of a palm will remove the scales. Apply the dose about once a week. Lukewarm soapsuds should be used to wash off the dead scales. Then rinse in cold water. This is said to be an excellent remedy by those who have tried it.

To make thin curtains hang evenly when finished, make the casing for the curtain rod first, insert the rod and hang the material from the fixtures. Now draw down the window shade as far as you wish the curtains to come when finished. With the bottom of the shade as a guide you may baste or carefully pin the hem, and when it is finished the curtains will look straight.

Try kerosene dusters or "dustless dusters" when housecleaning. Dampen two cheesecloth dusters with the oil and shut them up in a tip ball with a cover on it for 24 hours; then they will be ready for use. Use one for furniture, etc., the other for hardwood, linoleum and such things. They will take up just without spreading it again and will not leave streaks, like a freshly dampened cloth.

To improve oilcloth dissolve a pound of glue in a quart of water over fire, then rub it lightly over the oilcloth with a piece of flannel. Don't walk on the oilcloth until it is dry.

## 'I Am Ashamed of Women and Their Absurd Styles', Says Veteran Suffragist

LOS ANGELES, April 26.—"I have never been so ashamed of women as I have been in the last year. I wish to go on record as registering my protest against the absurd and extravagant styles with which the women of the present are disfiguring themselves."

The speaker was Elizabeth Boynton Harbert, whose name is recorded with those of Susan B. Anthony, Elizabeth Cady Stanton, Lucretia Mott and others who fought for woman's enfranchisement when the fight meant martyrdom.

Mrs. Harbert is now living in Pasadena with her husband. She is still active in all that concerns the welfare of the home and women and children.

"When I began editing 'Wom-



MRS. ELIZABETH HARBERT, Veteran Suffragist, Who Says She Is Ashamed of Women.

"I want to send a message to women. I want to tell them of the struggles we had who first tried to blaze the way for our sisters, that they might be free to follow the lives of their choosing."

"At the close of the war 23 girls of Crawfordsville, Ind., applied for admission to the college there and were refused. Then we formed ourselves into a society for study and resolved to give a concert to raise money to buy books. I may say that before this the town had accepted the services of four of us at concerts to raise money for the church organ, to help the sick and for anything else the people wished and for our assistance we had been banqueted and serenaded. But now we met with ridicule on every hand. At the first suffrage meeting we had the college boys got in the church before the services and destroyed the decorations."

"People now do not realize how great was the prejudice. 'I think women ought to know all these things. They have passed and I am blessed by living to see the dawn of great things. My message to women is: Be worthy of their new responsibilities. Let them begin by saner styles in dressing.'"

"The first woman to graduate from the University of Oregon is Miss Lilah Clark of Portland. Miss Erna Miller and Miss Roth Merrick are the other young women in the university who are class of the engineer department."

Mrs. Alice Thompson, the soil chemist of the Hawaiian agricultural experiment station, is taking a supplementary course in chemistry at Columbia university. Miss Thompson is a graduate of the University of California in the class of '05. After her graduation Miss Thompson acted as assistant chemist in the soil department of the university, resigning to accept the post in the islands.

Gives Aid to Strikers  
Sometimes liver, kidneys and bowels seem to go on a strike and refuse to work right. Then you need those pleasant little strike-breakers—Dr. King's New Life Pills—to give them natural aid and gently compel proper action. Excellent health soon follows. Try them. 25c at Ryner Malstrom Drug Co., 938 Pacific ave.

## PLAYTIME STORIES

In the Land of Gbld beyond the setting sun there dwelt two kings. One of these kings, called Great Heart, was very wise and good. The other king, Cross Patch, was always playing mean tricks on people.

It happened that King Cross Patch had a magic scepter of gold and diamonds, which was his pride and delight. If he wished to make people sneeze, all he had to do was shake this scepter at them, when everybody would sneeze just as hard as if they were catching cold.

Sometimes he would tell the scepter to make the people dance. And dance the poor folks did till they were tired. Again he would command the scepter to remove a chair which someone went to sit on. Then they would fall to the floor and get hurt. In fact one of the court maids was crippled so she never could walk again, but always had to be wheeled in a chair.

Now it happened that in this country it was the custom for everyone to put out a dish of food at night for the fairies to eat. While King Great Heart would always set out a big dish of cake and good things, King Cross Patch seldom remembered the fairies. If he did it was only to put out a plate of bones.

This angered the fairies and they finally determined to punish him. One night they drove him into the mountains, where he had to live many years. Half that time he had to sneeze the other half dance. His golden scepter they stole and carried away to our earth, where they planted it, and when it grew called it golden-rod. Here it lost all its power but the trick of making people sneeze when they smell it.

Of course King Great Heart ruled in peace while King Cross Patch was a prisoner in the mountains. But, wonderful to relate, when that king returned home he had learned not to play tricks on other people, and never again did he want the scepter. So it still blooms in the autumn in our fields.

## F. H. PETTIT

Candidate for Office of Commissioner of Public Safety is an active and aggressive man of 44 years. He came to Tacoma in 1898 from Valparaiso, Indiana, and first worked at his trade as a horseshoer. Later he became interested in the West Coast Wagon company, and was vice-president of that concern for three years, leaving that position to become north-western representative of the Standard Horse Nail company of Brighton, Pennsylvania. His standing with them is best indicated by the following letter in reply to his resignation:

"Brighton, Penn., U. S. A. March 27, '11.  
"Mr. F. H. Pettit,  
628 So. Fifth St., Tacoma.  
"Dear Sir:

"We have your favor of the 20th, and note you have decided to enter the political arena. While we naturally will be sorry to lose you at the same time you can rest assured you have our good wishes. Honest men are needed in politics as well as in other walks of life, and in fact more so, as rascals are in the saddle at present.

"We therefore wish you great success and hope you will win out. Should you not win in the election we will want you to continue with us as before.

"With kind regards, we are,  
"Yours respectfully,  
"STANDARD HORSE NAIL COMPANY.  
"By Fred S. Merrick, Secy."

Dict. D/R.  
Mr. Pettit has always been allied with the interests that strive for honesty and efficiency in municipal affairs.

## By and About

The 101st birthday of Mary Goddard, the oldest Quaker preacher in the world, was celebrated in Brunswick, Me., the other day. She preached at exercises to celebrate the event.

Mrs. J. Jung, a graduate of the Canton Normal school, and Miss D. Loo, graduate of the University of California, addressed a revolutionary meeting under the auspices of the young China party of San Francisco recently, urging their male

Garden plants and roots, flowering plants. Tac. Imp. & Seed Co.

Gives Aid to Strikers  
Sometimes liver, kidneys and bowels seem to go on a strike and refuse to work right. Then you need those pleasant little strike-breakers—Dr. King's New Life Pills—to give them natural aid and gently compel proper action. Excellent health soon follows. Try them. 25c at Ryner Malstrom Drug Co., 938 Pacific ave.

## HOW TO WASH EMBROIDERY

Mercerized cottons, especially the white, wash better than embroidery silks. No matter how good a silk you buy it will not stand having soap rubbed upon it. Hot water is equally injurious. So is ironing with a too hot iron.

Make a thick suds of warm water and pure soap and rinse the pieces to be washed. Squeeze through the hands and do not rub on a board.

Rinse in clear water of the same temperature as the first. Squeeze out as much as possible of the moisture with the hands and do not rub on a board. Pull into shape and roll in a thick towel to absorb the excess water. Then take a smooth piece of damp muslin and place it over the back of the embroidery and do the ironing through that.

## A PERPLEXING PRESENT

"And how did my precious like the little present I made for him with my own hands," cooed the girl.

"It was lovely," replied the young man. "But there is one question I should like to ask, dearest."

"And what is that, pet?"  
"I want to know what your present was intended for. My sister said it was a cushion, but my mother thought it was a tobacco pouch. At present I'm using it as a penwiper."

And now there is a coolness between the two which no explanations can put right.

The quickest and only up-to-date quick lunch house in the city.

THADENS Bakery and Coffee House. All kinds of bread and pastry at retail prices. 918 Commerce St. "The Millionaire's Club"

## Society

The Euterpean society will give its first regular program this evening in the Temple of Music at 8 o'clock. A very interesting program surrounding the musician Gregig, the painter Millet, and the poet, Burns, will be presented.

Miss Ethel Browning who makes her home with Dr. and Mrs. E. E. Cone, on North 29th street, was pleasantly surprised Friday evening by a number of her friends. The affair was the first of a series of parties of the social club being organized by the young people.

The Parent-Teacher club of the Willard school will meet Friday evening, May 5, instead of next Friday, as formerly announced.

Hooker circle, Ladies of the G. A. R., will give a card party tomorrow afternoon at the Armory, from 2 to 4 o'clock. Five hundred will be played.

The Woman's society of the First Presbyterian church announces a rummage sale at 1115 C street, Thursday, Friday and Saturday.

The University club has planned a reception for the college men of the city for next Saturday night. All college men of the city are invited to attend.

The Ladies' auxiliary to the Brotherhood of American Trainmen will give a card party tomorrow afternoon in Fraternity hall.

St. Paul's guild will meet Friday afternoon with Mrs. H. O. Watrous, 2121 North Fifth street.

The Ladies, Sir Knights and their friends of the Order of the Amaranth will meet tonight with Mrs. R. Harold Harrison at her home on North K street.

The Musician club will give the third of its series of social dances Friday night in Sloan's hall.

Mrs. John Watson, 608 South I street, will be hostess for the Aurora club tomorrow afternoon.

The Circle of Foresters 500 club will meet tomorrow evening at the home of Mrs. Johnson, 2127 South K street.

Time to spray. We have spray pumps and spray materials. Tacoma Implement & Seed Co. \*\*\*

Pyramid Flour solves the bread question and removes half the care of housekeeping. All up-to-date grocers sell it.

**Asia's Asia's**

One piece dresses for less than the actual cost of material.

78 dresses in the entire lot are samples; the cloths are silk foulards, pongee and messalines; also cloth dresses, assorted colors and sizes; values up to \$25. This week at ..... **\$9.95**

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Painless extracting 50c	Examinations and Estimates Free.
Best Gold Crown... \$5	We Give Gas.
Best Bridge Work... \$3	All Work Guaranteed
Plates as low as... \$3	
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