### SPHERE \*\* NI+K WOMAN' 5 ·÷· · . CONDUCTED FOR THE RICHARDS

## The Food We Est.

Don't hunry. "Too swift arrives as

The Clothes We Wear.

althy people "Don't shoulders, the Etern

Our Children. un of what shall who has to be to an incortant

Our Ailments

price last week about the climb-stairs, and now I want to talk to of di Th n, if it a

Physical Culture.

The Lives We Live.

S for their a

ilma Cuiles

Smith & Co., Druggists, age atwe, Coulist, Aurist and Op-

YEAR.

# SUBSCRIBE NOW FORK N'S JOURNAL. THE YOUNG WOMA

It is the Organ of the YOUNG LADIES' MUTUAL IMPROVEMENT ASSOCIATIONS. and is the best paper published for the special use of Young Women.

## MONTHLY. ISSUED

Volume IV. is now being issued, Back numbers can be supplied.

> For presents to your Daughters, Sisters, or Mothers, give a Bound Volume of the YOUNG WOMAN'S JOURNAL.

> > Volumes I, II, and III, bound in Full Cloth, \$2.50: Full Leather, \$2.75 each, postpaid.

> > > Binding of JOURNAL, Cloth, 50c., Leather, 75c.

\$2.00 PER

Address: THE YOUNG WOMAN'S

24 East, South

Temple Street,

SALT LAKE CITY, UTAH.

JOURNAL,