

HEALTH is the Most Important

In buying food-products several things are to be thought of—i. e., Economy, Results, Easy Handling, Reliability, but the most important is Health.

Health means everything. In buying clothes, shoes, hats, furniture, etc., if the buyer is deceived and gets an imitation the only harm is loss of money. In buying food-products, if imitations are supplied, there is not only a loss of money but perhaps an injury to health—which is beyond price.

Remember these facts when buying baking powder.

ROYAL BAKING POWDER ABSOLUTELY PURE

SOME GOSSIP IN WASHINGTON.

Group of Frenchmen to Present a Bust of George Washington in the Capitol.

STORIES ABOUT CONGRESSMEN.

Good Anecdote Told of Representative Hinshaw Who is Serving His First Term.

Special Correspondence.

Washington, Dec. 9.—As another gratifying expression of the good feeling which exists between the United States and France there is soon to be erected in the capitol a bust of Frenchman, headed by the Count de Rochambeau, who was the first to arrive in the capitol to attend the unveiling in Washington of a statue erected to his distinguished ancestor of the same name, who, with Lafayette, fought for American independence in the Revolutionary war. At the ceremonies attending this unveiling the present Count de Rochambeau and those accompanying him received many pleasing courtesies, and the presentation of the bust of Washington is in the nature of grateful recognition of those courtesies.

The bust is by David D'Angers, an eminent sculptor, and was cast by Holsviller. The pedestal was cut from the marble quarries of Bering Nicolai at Carrara, and the bronze plate in the style of Louis XVI, was made by the talented artist in metal, Charles Dupont. Word has been received from Paris that work has been completed and the bust shipped to the French ambassador in Washington, by whom it will be formally presented. While the patriotic gift is that of private individuals, it is warmly approved by the French ministers of foreign affairs, war and marine.

Representative Powers of Massachusetts, who is one of the wits of the house, tells a story about Senators Blackburn and Fairbanks and Secretary of the Treasury Shaw which, though it has probably been told about a good many other men of more or less prominence, is so pat that it will bear repeating.

Not long ago the Kentucky senator had some business with the secretary and while in the office met Senator Fairbanks. After the business was concluded Senator Blackburn invited the other two out to have a libation, and they accepted. All hands lined up against the bar. Turning to Secretary Shaw, Senator Blackburn said: "What will you have, Mr. Secretary?" "Well, I guess I'll have a glass of lemonade," was the reply.

The gentleman from Kentucky then turned to Senator Fairbanks and said: "And what will you have, senator?" "I'll have a glass of mineral water," was the reply.

The bartender leaned over the counter and said to Senator Blackburn: "And what's yours, senator?" "Oh," said the senator from the Blue Grass State, "I guess I'll have a piece of squash pie."

The task of finding suitable and comfortable living apartments at reasonable figures is one of the attendant annoyances of a new session of Congress, and it is especially perplexing to senators and representatives who are here for the first time. Senator Stone of Missouri had an experience in house hunting recently which is duplicated by many others who desire to live comfortably and well during their residence in Washington and have a few dollars left out of their salaries for contingent expenses after paying for rent, fuel and food.

Remembering that some one had given him the address of a desirable boarding house, the junior senator from Missouri called at the number. The mistress of the establishment said she would be delighted to have him and his family with her. The apartments were duly shown, and the senator explained that his family consisted of his wife, two daughters and his mother.

"How much?" asked the junior senator. "Three hundred and fifty dollars a month," said the mistress of the establishment.

"That allows me \$50 out of my salary for laundry," observed the junior senator. "I suppose that will be enough to pay wash bills, but it does not leave

me anything for luncheon at the senate restaurant."

Speaking of the discomfitures of new members, a good story is told of Representative Hinshaw, who is serving his first term in Congress from Nebraska. When he came to the capitol for the opening session some wag armed him with a card admitting him to the spectators' gallery. This card he exhibited to the doorkeepers, and, being a new member and unknown, was promptly directed upstairs. It was practically deserted when he entered, and as he looked down on the busy scene he felt aggrieved that his membership card did not entitle him to the privilege of mingling with the members on the floor.

"Say," remarked the new fledged representative as he sorrowfully departed from his lonely vigil, "how long does a new member have to be in Congress before he is entitled to the privileges of the floor? I want to select a good seat and get to work."

Explanations and apologies followed, and Mr. Hinshaw was soon bustling around the chamber. His feeling of homesickness was gradually disappearing, but whenever he glances up at that particular gallery he finds it necessary to repress an involuntary shudder as he recalls his first experience in the national house.

"How are you getting along?" asked a new member of the house of another new member the other day.

"Better than I expected. Last Saturday when I passed, John Dalzell seemed to be looking at the housepots. Yesterday he saw my hat, and today he looked me in the eye."

A congressman from one of the southern states with two of his constituents was seated at one of the tables in the house restaurant.

"Waitah," said the congressman, "bring us three Bourbon whiskies."

"Can't serve no liquors this year, sah," replied the dusky menial.

"What! No liquors? What's that for?" inquired the irate southerner.

"Well, sah," replied the dandy, "you see, sah, you gentlemen passed dat air immigration law last year wiv a clause dat won't let us sell no liquor."

"Of course we did. But we expected the senate to take it out. Why didn't they do it?"

"Well, you see, sah," responded the waiter, "oveh date in de senate ebery senator has a committee room, and ebery committee room has a sideboard, and I guess dat's why dey didn't take out dat clause."

What the southerner and his friends said may be left to the imagination.

FRANCIS M. ADAMS.

No Latter-day Saints' home should be without a set of the standard Church publications on the center tables or in the library. Send for the new free catalogue, Deseret News Book Store, Salt Lake City, Utah.

Article By The First Presidency.

The Deseret News is pleased to announce that the First Presidency of the Church has consented to contribute an article for the Christmas News. The subject of the article will be,

"The Church And Kingdom of God."

STATUE OF A ROMAN BLACKSMITH

A remarkable statue of a blacksmith of the Gallo-Roman period has been excavated in Paris in a small cemetery

in the Rue Cassini, near the Observatory. The figure wears a striped cap. The face is broad and beardless, and the features are very expressive. It is the only real statue of a blacksmith of ancient times in Paris. All the others are mere figures of Vulcan. Under the statue was found the skeleton of a powerful man, probably the blacksmith represented by the statue. Coins discovered in the same grave show that the man was buried in the year 18, during the reign of Trajan. The find has been transferred to the Musee Carnavalet, where it is now exhibited.—Kansas City Star.

BEST EXERCISE FOR WOMEN.

"Household work is the best exercise that women can take. Washing and ironing are too heavy, I admit, but

sweeping is ideal and dish washing is splendid for tired and unstrung nerves."

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"President Eliot is quite right," said Miss Sweet. "Any system of athletics that approaches sporting contests must be injurious to a woman's physique. Almost any sort of physical exercise is good for her, if taken in moderation. I think boxing and riding are as good as any, if not over-

done. I do not object to scientific training, provided it be rational, for I myself. But it ought to be with apparatus. I have a splendid tea who gives lessons in her gymnasium which we put into practise daily home, and she uses no athletic machinery. For instance, she has a fen exercise without fells.

"But, to tell you the truth, I think the best exercise in the world for a man is that continuous but gentle exercise involved in household washing and ironing is much too heavy for most of them, but sweeping is idealized athletics. It brings into every muscle of the body and requires just enough exertion to get up a circulation. Dish washing also is a wonderfully calming influence on nervous system. It goes without saying that walking is good for all—Chicago Chronicle.

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FINED THE PRESIDENT.

L. D. S. Students Keep Busy with Work and Meetings.

School will adjourn next Friday for two weeks' holiday vacation. The railroads have courteously granted a one-fare rate for all students desiring to spend the holidays at home in other towns than this.

The High School society, Richard Young presiding, had an interesting meeting yesterday. Professor Hinkley spoke, the little Misses Higgins sang and recited, Miss Young sang, R. Marchant spoke, the Romney Mandolin and Guitar club rendered a fine selection, Kent Cobb sang "A Dream of Paradise," and Miss Bitter recited. The grand ball given by the students last night in Christensen's was a brilliant and most enjoyable affair. The floor management was so good that everyone danced. The variety of the program and the refined order of the participants were the other elements that made the evening successful as a high class entertainment.

The recent entertainment given by the Third and Fourth year classes of the high school and Normal departments was an affair that was full of merriment, good feeling and wholesome enjoyment. In the main, it was a candy pulling of the old fashioned sort, but it included a variety of interesting features. The first fun of the evening was a peanut-bag game; the second a march with freeze-out penalty; the third, a kangaroo court; the fourth a delicious luncheon; and the fifth, a dancing party. The gymnasium was tastefully decorated for the occasion. The south end beneath the gallery was curtained off into cozy corners, which were filled with rugs, pillows and easy chairs; north of this the tables daintily spread, were laden with a profusion of fruits and viands, leaving the north half of the floor free for the sports and the dressing rooms unimpeded. The first to be arrested by Archer Welley, a policeman of the kangaroo court, in full uniform, was President Paul. The warrant made out, charged the president with the offense of remaining on earth when there was not a hair between him and heaven. Judge Porter ordered the prisoner to stand up and plead to the charge. The president pleaded not guilty to the charge of being bald and demanded proof. It turned out that no one would testify against the accused and it looked as if the charge could not be sustained, when the prosecuting attorney, R. Marchant, happened to discover a clause in the statute under which he was operating to the effect that any member of the faculty charged with any offense before this court should be adjudged guilty. A fine was imposed and paid, and then the other members of the faculty were hauled before the tribunal. Professor Hinkley was promptly convicted of being a bad night watchman without a guardian; Instructor Hicks was mulcted for waiting at the Oregon Short Line depot for something that never came; Miss Bitter, for making goo-goo eyes at Professor Porter, and this biologist was convicted of murder in the first degree in the vivisection of a frog; and so it went until all the faculty had been held up before the delighted gaze of the students and fined in each instance. Then followed the supper, after which dancing concluded the evening's recreation. Misses E. Cannon, Irene Pratt, Edith Larson, Ina Ashton, and Mr. Ray Gledhill, were other members of the committee.

Social and Personal.

A number of home events are being planned for Christmas week and a few for the holidays, among those who will entertain will be Miss Burke, Miss Zane and Miss Geddes who will give a tea on Christmas afternoon when their gentlemen friends will be received from 4 till 7 o'clock.

Invitations have been issued for a ball to be given at the post on Dec. 23.

The Elite Social club will give its next ball on Dec. 17 at the Ladies' Literary club house.

Mrs. Charles Post entertained informally at cards on Tuesday in honor of her mother Mrs. Wiley.

Miss Alice Wall will entertain at cards tonight.

Miss Florence Grant entertained at an informal reception this afternoon in honor of Miss Rhoda Stodart of Alberta, Canada.

Mr. and Mrs. Elmer D. Jones have returned from California.

Miss Emma Ramsey and Miss Jennie Sands were entertained very delightfully during their Brigham City engagement at the home of their friend, Miss La Von Polson.

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PE-RU-NA IS AN IDEAL REMEDY FOR WINTER ILLS

Valuable Health Hints for December.

One good warm bath a week is enough for December. The cold towel bath for those in vigorous health, or the cold, dry rub with a coarse towel every morning for others, is sufficient to keep the skin in good condition. The frequent use of water during December should be avoided.

Sleeping Room. The sleeping room should be well ventilated and kept cool. No one should sleep in a hot room. Before going out in the morning gargle the throat with cold water, and splash the face and neck with cold water. This is a preventative to catching cold. Those who are especially liable to cold should take a tablespoonful of Peruna before breakfast.

Exercise. A brisk walk in the open air before the mid-day meal is necessary for good health. Those who have a touch of catarrh or a cold should take a tablespoonful of Peruna before the mid-day meal.

Confinement. Those confined to the house or office during the afternoon should be sure to take some exercise before dinner or the evening meal. December being the most trying month, as it ushers in Winter, all people who have ever been troubled with catarrh should take a tablespoonful of Peruna before supper.

Sunlight. The long nights and short days of December make sunlight so scarce that every one should get as much of the direct rays of the sun as possible. Let sun into the house. Walk on the sunny side of the street. Keep in the sun all you possibly can. Take a tablespoonful of Peruna at bed time.

Dr. W. Green, 830 1/2 South Spring St., Los Angeles, Cal., writes: "If people would take less medicine and pay more attention to the general laws governing health they would be better off. I am also satisfied that the majority of patent medicines are at best almost worthless and unfit to take or cure anything. I have found, however, one exception to this rule, and that is in Peruna. I have often prescribed it in cases of catarrh of the respiratory or digestive organs."

Dr. W. Green.

Ex-Secretary of State of W. Va. Hon. J. M. Pipes, ex-Secretary of State of West Virginia, in a letter from 916 T street, N. W., Washington, D.C., writes: "A large number of my acquaintances suffering from catarrhal disorders, as well as debility of the system, failing to find other remedies have been induced to try Peruna. Its beneficial effects have been so pronounced, and the relief afforded has been so substantial that I have no hesitation in giving it my hearty recommendation to all persons who have been afflicted with that complaint."

Hon. J. M. Pipes.

If you do not derive prompt and satisfactory results from the use of Peruna, write at once to Dr. Hartman, giving a full statement of your case and he will be pleased to give you his valuable advice gratis.

Address Dr. Hartman, President of The Hartman Sanitarium, Columbus, O.

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Deputy Register E. B. Yeager Uses and Endorses Pe-ru-na.



Deputy Register E. B. Yeager, Court House, Louisville, Ky., is one of the thousands of reliable citizens of the United States who endorse Peruna. He has not only used Peruna himself, but he intends to keep it hereafter as his family remedy. He writes:

"Since I have used Peruna myself for catarrh of the throat and head and found how pleasantly and quickly it cured, I no longer wonder at the remarkable success your medicine has attained in Louisville. I can now readily understand why so many officials in the city and county service use Peruna and no other medicine. Henceforth it will be my family medicine. It is a household blessing."—E. B. Yeager, Deputy Register.

Over fifty members of Congress, twenty-eight Generals of our Army, Governors, Admirals, Mayors, prominent lawyers, physicians, business men, clergymen, literary men and scholars of prominence and many other men of national reputation endorse Peruna. Thousands of people in the humbler walks of life use it as a family medicine. Used once in the home it always stays. Almost all the diseases of winter are due to catarrh; Peruna cures catarrh wherever located.

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