CITY WILL HAVE NINE MILL LEVY

Probable That It Will be the Same As Last Year.

AUDITOR REISER'S ESTIMATE

Says It Will Require $314,718.23 to Meet Running Expenses—Sharp Changes His Mind.

The city tax levy for the year ending Dec. 31, 1903, will in all probability be fixed at 9 mills, which is the same as last year. According to the report of the city's receipts and estimated expenditures as submitted to the city council last evening by City Auditor Reiser it will require a total of $314,718.23 to be raised by taxation to meet the running expenses of the city. In order to raise that amount it will be necessary to make a levy of 9 mills. The council will meet in an adjourned session on Wednesday evening and fix the levy. The report submitted by Auditor Reiser was referred to the finance committee with instructions to report to the council Wednesday evening. The report of estimated expenditures does not include the South Temple street paving nor the Parley's canyon storage reservoir, which improvements are yet in an unsettled stage. The report submitted by the auditor is as follows:

AUDITOR'S REPORT.

Estimated receipts and expenses of contingent expense fund for the fiscal year ending Dec. 31, 1903:

Expenses—	
Fire department	$ 47,000
Police department	40,800
Prison	6,700
Crematory	3,200
Health	18,100
Isolation hospital maintenance	10,250
Cemetery	9,500
Engineering Dept. maintenance	13,900
Board of public works	2,000
Liberty park	6,000
Joint building park	900
Pioneer park	800
City and county building	8,000
City council	6,500
Mayor's office	1,500
Recorder's office	6,200
Clerk city court, civil division	1,740
Clerk city court, criminal division	2,100
Auditor's office	4,000
Attorney's office	5,500
Treasurer's office	6,700
City court, civil division	2,500
City court, criminal divison	3,200
Building inspector	980
Inspector oils, weights, measures	1,100
Street lighting	34,000
Interest on bonds	115,409
Estray pound	1,000
Inspector of provisions	1,000
Printing and advertising	2,000
Exchange	180
Pensions	275
Attorney's emergency account	500
Attorney's library	500
Fire department equipment	1,850
Land purchases	3,017
New York jail	34,800
Municipal election of 1903	5,000
Miscellaneous contingencies	15,000
Total	$424,192
Receipts—	
Liquor licenses	$119,400
Merchants' licenses	22,000
Miscellaneous licenses	28,000
Cemetery	11,900
Fines and forfeitures	20,000
Rents	2,300
Oil inspection	950
Inspection weights and measures	120
Building inspector	1,000
Engineering receipts	2,000
Dog tax	1,400
Civil court fees	1,800
Criminal fees, Salt Lake county	200
Recorder's tax sale redemptions	400
Subsequent sewer connections	1,000
Estray pound fees	300
Sale of clay	300
Ice permits	65
Butchers' license filing fees	65
Miscellaneous	7,000
Total	$221,200
Balance on hand Jan 1, 1903	41,528
Amount required to be raised by tax levy	161,468
Total	$424,192

Requires a levy of 4½ mills, yielding $161,945, exclusive of uncollectibles.

Estimated expenditures of street and sidewalk fund for the fiscal year ending Dec. 31, 1903:

Street department, maintenance	$ 31,300
Street department, improvements	9,100
Street department, equipmnt	850
Street sprinkling, maintenance	27,000
New sprinkling wagons	3,600
Repairing street and sidewalk pavements	7,100
East First South street pavement	3,911
Engineering department, street and sidewalk account	1,300
Richards street pavement	644
Repairs over telephone conduit	212
Miscellaneous	1,000
First street pavement	1,500
Total	$ 94,917
Miscellaneous receipts	5,000
Amount required to be raised by tax levy	$9,917
Total	$ 94,917

A levy of 2½ mills on $36,875,045 valuation will yield, exclusive of uncollectibles, about $90,343.86.

Estimated expenses of irrigation and water supply fund for fiscal year ending Dec. 31, 1903:

Expenses—	
Irrigation department	$ 17,220
Land and water commissioner's department	10,900
Engineering department, irrigation and water supply account	1,150
Utah lake and Jordan dam	300
Pumping plant at Utah lake	1,400
Brick conduit Jordan and Salt Lake canal	9,500
Equipment	172
Miscellaneous	300
Total	$ 40,942

Above expenditures are to be provided for entirely by tax levy. A levy of 1¼ mills on $36,875,045 valuation will yield about $45,171.30. A levy of 1 mill would not be sufficient.

Estimated expenditures of sewers and drains fund for fiscal year ending Dec. 31, 1903:

Sewer department, maintenance	$ 4,120
Main sewer on Second East street	3,000
Printing and advertising	800
Sewer surveys and inspection	400
Sewer extensions at city expense	4,000
Sewer apparatus	1,000
Total	$ 13,400

Above expenditures are to be provided for by tax levy. A levy of one-half mill on $36,875,045 valuation will yield, exclusive of uncollectibles, about $18,088.85. A levy of one-fourth mill would not be sufficient if above contemplated expenditures are incurred.

Public library expenses, to be covered by tax levy, $8,990. Requires a levy of one-fourth mill.

CHANGED HIS MIND.

Sharp changed his mind and likewise his vote on the Parley's canyon storage reservoir proposition last night and consequently there were not enough votes to pass the Fernstrom resolution over the mayor's veto. Only two weeks ago Sharp voted in favor of the resolution, which provides that $56,000 shall be expended this year in preliminary work on the big reservoir, and his vote was relied upon by the majority to pass the resolution over the mayor's veto. Here is where the mistake was made. Instead of voting in favor of the resolution and against the veto last night he was one of the first to argue against the resolution and in favor of the veto and when the time arrived he cast his vote accordingly. His change of front he attributed to the fact that the city is not absolutely certain of its right to store the waters of Parley's creek and hence it should not expend that amount of money until that question is determined.

The lack of Sharp's vote made it necessary, therefore, to amend the original resolution without taking any action on the mayor's veto whatever. Fernstrom moved that the resolution be amended by making the amount to be expended this year $55,000 instead of $56,000. Sharp again recorded his vote in favor of the amendment and also the resolution as amended, both of which were passed by a vote of 10 to 5, Black, Daveler, A. J. Davis, Thomas and Vigus opposing. Of course, the mayor will again veto the proposition and the only question is whether or not Sharp will change his mind again.

WANT TO ARBITRATE.

Charles Longson and a number of other residents of Pleasant View, petitioned the council that the matter of the adjustment of the water rights to the Emigration canyon stream as between the city and the residents in that district be referred to a committee on arbitration. The petition alleges that an agreement cannot be reached without resort to the courts or to arbitration and petitioners prefer the latter method of settling the difficulty. The matter was referred to the committee on irrigation.

WANTS BIG DAMAGES.

A claim for $10,000 damages for personal injuries was received by the council from Margaret B. Conover. The accident occurred on the night of June 20, when Mrs. Conover fell into a waterworks excavation on Rio Grande Ave. between Seventh and Eighth West streets. She dislocated her right hip and sprained her back by the fall and alleges that her injuries are permanent. Negligence on the part of the city is alleged in that it failed to have the excavation properly guarded by a railing and had no light on the same to warn people of the danger. The claim was referred to the committee on claims for consideraton.

SEATS FOR PIONEER PARK.

Inasmuch as Pioneer square will be dedicated as a public park on July 24, Councilman Eardley introduced a resolution providing that the parkkeeper be instructed to open the gates to the public on the morning of July 24 and that he be authorized to purchase settees for the park at a cost not to exceed $150. The resolution was adopted.

WILL REDISTRICT SPRINKLING.

Superintendent of Waterworks Hines intends to commence redistricting the watering of lawns to certain hours, and to that end asked the council for authority to appoint five sprinkling inspectors, one for each precinct, to serve during the sprinkling season. The matter was referred to the waterworks committee.

MISCELLANEOUS.

The committee on streets reported in favor of restricting lunch wagons to certain districts outside of the business districts and recommended that the city attorney be authorized to draw up an ordinance fixing the district in which the wagons shall be allowed to stand. The report was adopted.

Owing to the fact that smallpox is on the decrease in the city, Councilman Eardley introduced a resolution providing that the services of the quarantine physician and such other help as the circumstances will permit be dispensed with. The resolution was adopted.

City Treasurer Morris submitted the appointment of L. C. Johnson as chief deputy in his office, vice George H. Wood, resigned. The appointment was confirmed.

The department payrolls for the first half of July amounting in all to $10,142.10 were submitted by City Auditor Reiser and referred for approval.

DUTY ON PERSONAL BAGGAGE

Needed Reform Very Likely to be Adopted in Collecting it.

New York, July 21.—Methods of government in collecting customs by first placing returning travelers on the inquisitorial rack and obtaining from them a declaration as to what their trunks contain and then turning out the contents of the trunks on the pier in search for undeclared articles, are likely to be modified as the result of a trip to Europe by John Bishop, deputy-surveyor of customs at this port.

Complaints by passengers, who asserted that Americans may visit all the countries of Europe without being subjected to such an ordeal, led to the sending of Mr. Bishop to study and report upon the examination of baggage and the collection of customs at the larger European ports, and it is understood he will recommend to Secy. Shaw changes which will make the inspection of baggage less troublesome.

Negro Lynched for an Assault.

Pine Bluff, Ark. July 21.—For an assuat upan a 13-year-old white girl, daughter of a sawmill man named Blake, Crane Green, a negro, was taken from officers late last night and lynched.

COLD KILLS THE GERM.

Lieut. Perry Says There Are No Bald Heads in the Arctic Region.

The people who come back from Klondike testify to the fact that no native bald heads are there. The evidence is that the cold climate kills the germs that eat the hair off at the root. Lieut. Perry, who went to the Arctic regions, gives the same evidence. Newbro's Herpicide has the same effect as the cold climate. It kills the germ that eats the hair off at the roots, and the hair grows again. Herpicide is the first hair remedy built upon the principle of destroying the germ that eats the hair off. Its phenomenal sale demonstrates the correctness of the scalp germ theory. Sold by leading druggists. Send 10c. in stamps for sample to The Herpicide Co., Detroit, Mich. For sale by Z. C. M. I. Drug Dept.

Dandruff! Do you like it? Do nothing and 'twill stay. Use Hall's Vegetable Sicilian Hair Renewer and 'twill go. It stops falling, makes the hair grow, and always restores color.

Sold for 60 years. If your druggist cannot supply you, send $1.00 to R. P. HALL & CO., Nashua, N. H.

'FRISCO TEAM HERE THIS AFTERNOON

Will Play Local Aggregation a A Series of Six Games.

HOW THEY ARE LINED UP.

Big Chief Borchers and Buck Weaver Are Among the Visitors—Locals Hope to Win Some.

Local ball fans will have a chance to see the home team lined up against the strong San Francisco bunch at Walker's field this afternoon. The 'Friscoites are here for a series of six games and it is to be hoped that the home team will make a better showing than it did against the Angels.

With the coast team there are several Salt Lake favorites, among them being Buck Weaver, Big Chief Borchers, John McCloskey and Dave Zearfoss. A number of the fans went to the depot last evening expecting to welcome the boys here, but the team did not arrive until this morning. The 'Friscoites are all feeling fine and say they are in good shape to play ball. The line-up for the game at Walker's this afternoon is to be as follows:

'Frisco.		Salt Lake.
Zearfoss	c.	Anderson
Elsey	1st b.	"Slats" Davis
Burns	2nd b.	Donahue
Glendon	3rd b.	Shea or Weed
McCarthy	s. s.	Coon
Houtz	l. f.	Parratt
Weaver	c. f.	Hanley
Marshall	r. f.	Bradley

Pitchers: San Francisco—Borchers, Lehman, Pfeister, Stovall, Leitman.
Salt Lake—Quick, Lundbaum, Stopher, Heisman, Kelly and Rush.

BIKE RACES TONIGHT.

Fine Program Arranged by Manager Schefski—Motors a Feature.

The program of bike races arranged for this evening at the saucer by Manager Schefski should please the bike fans greatly. The feature of the meet will be motor races, and they always take well with the crowd provided the motors work all right.

Chapman's new single pace following machine is here and ready for service, and Johnnie will use it tonight in his five-mile match race with Hardy Downing. The latter will be paced by Hopper's machine and the race should be a fast one from start to finish. Both motors are said to be in perfect condition for the race and it is hoped that nothing will go wrong with them at the eleventh hour.

Two more riders from the east are here and expect to finish out the season at the saucer. They are Saxon Williams and and E. J. Holway, professionals from Buffalo, and W. Plum, an amateur from Chicago. All of them are regarded as being good riders and should hold their own with the best of them.

ANOTHER RIDER HERE.

Earl Staley of Denver Comes with Maxwell's Fast Motor.

There will soon be motor cycles galore at the saucer track. This morning Earl Staley, a rider from Denver, arrived in Salt Lake and will compete in the races here. Earl has been an amateur until recently, when he joined the professionals. He brought with him from Denver the fast single motor brought here last season by George Maxwell. Staley purchased the machine and believes he has about the fastest in the country. It will be remembered that last summer Maxwell made a record on the saucer of 1:17 for a mile, and the machine is just as good today as it was then.

A Trying Position.

Salt Lake City readers will appreciate this advice.

A constant itching tries your patience. Nothing so annoying; nothing so irritating as itching Piles or Eczema.

To scratch the irritation makes it worse.

To leave it alone means misery.

Some Salt Lake citizens can tell you how to be free from these troubles. Read the following:

Robert C. Garner, of 934 East Second South, says: "When a man has used at least fifty different kinds of salves and ointments during six years that he has been pestered with itching hemorrhoids, commonly known as piles, that man appreciates the means he last employes which brings him relief. A friend gave me a box of Doan's Ointment, which he had procured at the F. J. Hill Drug Co.'s store. I used it and the area affected gradually contracted until it actually dried up. Not only can I speak positively from experiences about Doan's Kidney Pills, but I have heard quite a number of other people in Salt Lake City say that it was decidedly valuable. You are at liberty to refer others to me for minuter particulars of my case."

For sale by all dealers. Price, 50 cents. Foster-Milburn Co., Buffalo, N. Y., sole agents for the United States.

Remember the name—Doan's—and take no other.

OUTSIDE EVENTS.

HOW THEY STAND.

Pacific National League.

	Won.	Lost.	P.C.
Butte	51	30	.630
Los Angeles	52	32	.619
Spokane	47	36	.566
Seattle	4	38	.536
San Francisco	44	40	.524
Tacoma	34	48	.415
Helena	30	49	.380
Salt Lake	3	9	.250

TODAY'S GAMES.

San Francisco at Salt Lake.
Los Angeles at Helena.
Butte at Spokane.
Tacoma at Seattle.

American League.

	Won.	Lost.	P.C.
Boston	48	28	.632
Philadelphia	43	28	.606
Cleveland	39	34	.524
New York	35	34	.507
Detroit	34	33	.507
St. Louis	30	38	.441
Chicago	32	41	.438
Washington	24	51	.320

National League.

	Won.	Lost.	P.C.
Pittsburg	53	25	.679
New York	46	28	.621
Chicago	48	32	.600
Cincinnati	41	39	.513
Brooklyn	37	36	.507
Boston	30	45	.400
St. Louis	28	51	.354
Philadelphia	23	56	.291

Pacific Coast League.

	Won.	Lost.	P.C
Los Angeles	61	36	.629
San Francisco	60	43	.583
Sacramento	56	43	.566
Portland	37	53	.411
Seattle	39	56	.411
Oakland	44	64	.407

Western League.

	Won.	Lost.	P.C.
Milwaukee	43	22	.662
Colorado Springs	46	25	.648
Kansas City	38	35	.521
St. Joseph	33	34	.493
Denver	34	38	.472
Peoria	31	40	.437
Des Moines	28	41	.406
Omaha	25	43	.368

RELIANCE HAS RIVAL.

Old Constitution Beats New Defender in Thirty-Seven Miles.

Newport, R. I., July 20.—The Constitution is rapidly becoming a dangerous rival of the Reliance for the honor of defending the trophy, for the older boat defeated the new one in today's run of 37 miles by one minute 29 seconds, availing herself of her time allowance, estimated at about two minutes and 11 seconds. This is the second time on the present cruise that the Constitution has won from her rival on time allowance and while the victory of the first occasion from Glencove to New Haven was due in some measure to changeable breezes, the conditions today were as fair for one as for the other. The two yachts sailed on practically even terms for nearly 10 miles along the southern Rhode Island shore with sheets well flattened and it was not until half the course had been covered that the Reliance was out from under the Constitution and safely in the lead.

The Columbia sailed a lonesome race, dropping from the start and finishing more than 10 minutes behind the Reliance.

The run today was made in good time, in a strong breeze from the southeast. The yachts sailed almost the entire distance from the Race Rock to Point Judith sharp on the starboard tack and the last seven miles to the finish on a broad reach.

Tomorrow the fleet will continue the cruise to Vineyard Haven.

The time of the 90-footers follows:

	Start.	Finished.	Elapsed.
Reliance	10:30:36	1:55:36	3:26:00
Constitution	10:30:54	1:58:20	3:27:29
Columbia	10:31:02	2:07:56	3:36:54

SHAMROCK GOES SOME.

New Challenger Made Ten Miles an Hour for Thirty Miles.

Atlantic Highlands, N. J., July 20.—Ten miles an hour for 30 miles, windward and leeward, was the rattling race set by Sir Thomas Lipton's cup challenger in a race with Shamrock I in the waters of the international race course off Sandy Hook lightship today. The challenger's exact time for 30 miles was 2:59:20, very nearly record time for a cup event and on a par with the Reliance's splendid performance off Newport in June, when the American yacht covered 30 miles in less than three hours. Shamrock III's windward leg today, however, was not a beat to windward. A shift in wind at the start made it possible for her to fetch from the starting line to within two miles of the turn in quicker time than if she had to beat all the way. Her reach of 15 miles in one hour, nine minutes and eight seconds, an average pace of rising 13 miles, is nearly the record for a cup race. Despite her splendid performance she beat Shamrock I by only one minute, 22 seconds elapsed time, but the new boat had lost at least two minutes by the parting of her jib topsail sheet when she was four miles from the finish line. The race was sailed in a splendid wind rising from 10 knots at the start to 15 at the finish and a good part of the yachts were dragging their lee rails through the froth from under their bows. The yachts were preparing for another brush when Sir Thomas received notice from the Associated Press by De Forrest wireless that the pope was dead. Sir Thomas immediately stopped the racing and tonight the Erin's flag remains at half mast.

WM. H. MILLER IS REINSTATED

Was Removed From the Government Printing Office.

FIRST EXPELLED BY A UNION

Matter Was Taken Up by President Who Laid Down Rule There Must Be No Discrimination.

Washington, July 20.—William H. Miller, on May 28 last, was removed by the public printer from his position of assistant foreman of the government printing office because he had been expelled from the local union of the International Brotherhood of Bookbinders. Mr. Miller complained to the civil service commission, and on July 6 it requested Mr. Miller's reassignment to duty, his removal being contrary to the civil service rules. Complaint also had been made to the president, and by his direction Secy. Cortelyou investigated the matter. On July 13 President Roosevelt wrote as follows:

"My Dear Secretary Cortelyou:—In accordance with the letter of civil service commission of July 6, the public printer will reinstate Mr. W. H. Miller in his position. Meanwhile I will withhold my final decision of the whole case until I have received the report of the investigation on Miller's second communication, which you notify me has been begun today, July 13.

"In the face of papers presented, Miller would appear to have been removed in violation of law. There is no objection to the employes of the government printing office constituting themselves into a body if they desire so to do, but no rules or resolutions of that union can be permitted to override the laws of the United States, which it is my sworn duty to enforce.

"Please communicate a copy of this letter to the public printer for his information and that of his subordinates."

The next day the president followed this letter up with the following letter to Secy. Cortelyou:

"In connection with my letter of yesterday, I call attention to this judgment and award by the anthracite coal strike commission in its report to me of March 18 last:

"'It is adjudged and awarded that no person shall be refused employment or in any way discriminated against on account of membership or non-membership in any labor organization, and that there shall be no discrimination against or interference with any employe who is not a member of any labor organization by members of such union.'

"I heartily approved this award and judgment by the commission appointed by me, which itself included a member of a labor union. This commission was dealing with labor organizations working for private employers. It is, of course, mere elementary decency to require that all the government departments shall be handled in accordance with the principle thus clearly and fearlessly enunciated.

"Please furnish a copy of this letter both to Mr. Palmer and to the civil service commissioners for their guidance."

It is announced that the public printer, Mr. Palmer, on Wednesday, July 16, notified Mr. Miller that he had been reinstated and might report for duty any day.

SOZODONT Tooth Powder

"Good for Bad Teeth Not Bad for Good Teeth"

Gives the Teeth a Pearly Lustre

BIG BOX NEW TOP 25c

Hawaiian Raw Sugar Higher.

San Francisco, July 21.—There has been an increase in the price of raw sugar in the Hawaiian Islands from three and a half to three and eleven-sixteenths a pound; that is to say three-sixteenths cents a pound. This is equivalent to an increase of $1.75 a ton. This is said to be due to a greater demand for sugar because the canning season is at hand and also to the report that the sugar raisers of Europe will form a selling combine, all sugars to be sold by one firm. Besides this the bounty to European sugar plants will cease on September. Under the bounties these sugars cannot be dumped on the country any more and this it is believed will help the Hawaiian planters.

WHAT TO EAT.

Valuable Suggestions for the Kitchen and Dining Room.

This matter will be found to be entirely different from and superior to the usual run of food articles, in that every item is a nugget of culinary wisdom and eminently practical. Conducted by Katherine Kurtz, Marquette Building, Chicago, to whom all inquiries should be addressed. All rights reserved by Banning Co., Chicago.

Menus for Next Four Days.

WEDNESDAY.

BREAKFAST.

Stewed Berries
Cereal Cream
Broiled Chops Potato Chips
Toast Coffee

LUNCHEON.

Broiled Sardines on Toast
Potato and Peper Salad
Fruit Marble Cake
Chocolate

DINNER.

Cream of Cauliflower Soup
Stuffed Breast of Veal, Brown Sauce
Stewed Tomatoes, New Potatoes in Cream
Potato and Pepper Salad
Steamed Fruit Roll Foamy Sauce
Coffee

THURSDAY.

BREAKFAST.

Iced Currants
Creamed Sweetbreads Baked Potatoes
Muffins Coffee

LUNCHEON.

Sliced Cold Roast Veal
New Turnips Creamed
Dry Toast Fruit
Russian Tea

DINNER.

Mutton and Barly Soup
Chicken Pie Mashed Potatoes
Stewed New Carrots
String Bean Salad
Watermelon Coffee

FRIDAY.

BREAKFAST.

Boiled Rice Rhubarb Compote
Plain Omelet Lyonnaise Potatoes
Gems Coffee

LUNCHEON.

Broiled Ham Hashed Brown Potatoes
Fruit Gold Cake
Cocoa

DINNER.

Vegetable Soup
Stewed Lamb Green Peas
Fruit Salad Coffee
Fruit Pie

SATURDAY.

BREAKFAST.

Cereal Cream
Broiled Bacon
Eggs a la Bonne Femme Potato Cakes
Corn Muffins Coffee

LUNCHEON.

Broiled Soft Shell Crabs
Tomatoes Mayonnaise
Black Raspberries and Cream
Chocolate

DINNER.

Okra Soup
Pot Roast Browned Potatoes
Cauliflower Buttered Beets

THE SUMMER SQUASH.

The summer squash, cymling or vegetable marrow is a small pumpkin or gourd characterized as the most watery of its tribe. A virtue of the melon but rather objectionable in a vegetable requiring cooking. The summer squash is digestible and is good only when young and fresh. When merely boiled in water and drained they are nearly tasteless, but they may be made decidedly palatable by the addition of other materials such as consommé, good broth, cream, eggs, cheese, butter and tomatoes. Summer squashes should be cooked in as little water as possible so that the will be quite dry when done. Most varieties of the young and tender squash require no further preparation for cooking than a thorough washing. When cooked tender, the skins can be rubbed off and seeds easily removed. The older squash must be thinly pared, divided into halves or quarters, according to size, the seeds scooped out, and then steamed or boiled; the former method being the better.

Stuffed Squash.

Take small round squash (half grown) and simmer whole in water for 10 minutes, then carefully cut a piece from the top and scoop out the center, leaving the shell or a wall that is thick enough to be handled without breaking. Squeeze the moisture from the vegetable pulp, removing the seeds unless very young and mix with the pulp seasoning of salt, pepper, a chopped tomato, minced ham, minced parsley, beaten egg and a few bread crumbs. Put this mixture into the shells, heaping up and rounding off well, put a bit of butter on top of each and bake until a nice brown and tender.

Squash, French Style.

Boil summer squash until tender, rub off the skin and mash smooth, season with salt, pepper ad a little thyme. For two or three squash chop fine two hard boiled eggs, one-half an onion and two tablespoonfuls of bread crumbs; mix all well together and put into a buttered dish, cover the top with bread crumbs and bits of butter and bake in a quick oven until nicely browned.

Baked Summer Squash.

Wash a summer squash, cut in half, remove the seeds, and lay in a shallow baking pan shells downward, add a little boiling water. Bake until tender, remove from the oven and serve in the shell, or if preferred scrape out the soft part, mash, season with salt, pepper and butter and serve hot.

Food Values

BEEF BANANAS FISH PORK

SHREDDED WHEAT BISCUIT EGGS WHITE FLOUR BREAD MILK

The Value of Food depends on the nutritive properties contained therein and not upon the quantity eaten. Compare the diagrams carefully; the black portions illustrate the relative degrees of nourishment shown by scientific analysis to exist in the foods given.

SHREDDED WHOLE WHEAT BISCUIT

is the most palatable and most adaptable form of whole wheat. It contains all the original elements of the wheat berry and can be used at any meal—as a cereal, an entree, a desert—and is a valuable basis for hundreds of delicious combinations.

Send for "The Vital Question," an artistic little cook book illustrated in colors. Sent FREE. Write to-day to

The Natural Food Company
Niagara Falls, New York.

We Manufacture

STORE OFFICE BAR Fixtures

We carry a large stock of Kiln dried hardwoods for above class of work.

SALT LAKE BUILDING AND MFG. CO.
Established 20 years.
20 to 40 North 2nd West. Telephone 345.

CRUSHES OUT THE LIFE

The most loathsome and repulsive of all living things is the serpent, and the vilest and most degrading of all human diseases is Contagious Blood Poison. The serpent sinks its fangs into the flesh and almost instantly the poison passes through the entire body. Contagious Blood Poison, beginning with a little ulcer, soon contaminates every drop of blood and spreads throughout the whole system. Painful swellings appear in the groins, a red rash and copper colored splotches break out on the body, the mouth and throat become ulcerated, and the hair and eye brows fall out; but these symptoms are mild compared to the wretchedness and suffering that come in the latter stages of the disease when it attacks the bones and more vital parts of the body. It is then that Contagious Blood Poison is seen in all its hideousness. The deep eating abscesses and sickening ulcers and tumors show the whole system is corrupted and poisoned, and unless relief comes soon this serpent disease tightens its coils and crushes out the life. The only antidote for the awful virus is S. S. S. It is **nature's remedy**, composed entirely of vegetable ingredients. S. S. S. destroys every vestige of the poison, purifies the blood and removes all danger of transmitting the awful taint to others. Nothing else will do this. Strong mineral remedies, like mercury and potash, dry up the sores and drive in the disease, but do not cure permanently.

SSS

Send for our home treatment book and write us if in need of medical advice or special information. This will cost you nothing.

THE SWIFT SPECIFIC CO., ATLANTA, GA.

Constipation Makes Bad Blood.

MULL'S GRAPE TONIC CURES CONSTIPATION

Constipation is the rotting and decaying of undigested food in the alimentary canal. Disease germs arise from this festering mass, which find their way into the blood. The blood becomes impure and shortly the entire system gives way to the unhealthy condition.

You cannot cure a case like this by taking pills or other common cathartics. A laxative will not do. A blood medicine is ineffective. Mull's Grape Tonic is a gentle and mild laxative in addition to being a blood-making and strength-giving tonic which immediately builds up the wasted body and makes rich, red blood that carries its health-giving strength to every tissue at every heart beat.

Mull's Grape Tonic is made of pure crushed fruit juices and is sold under a positive guarantee.

Doctors prescribe it. All druggists sell it at 50 cents a bottle.

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