

# BEAUTIES OF THE WILD SUNFLOWER

Teachers and Children Charmed With Its Use and Attractiveness.

HILLS COVERED WITH GOLD.

Autumn's Rich Coloring Has Other Than Artistic and Scientific Value.

The drawings that accompany this article were made from nature by pupils of the training school at the State Normal school in this city, as a result of their enthusiasm and interest in the sunflower, of which, in their nature work, they had made a special study. It came about in this way.

FIELDS OF GOLD.

At the opening of the school year one month ago, the grounds surrounding the University of Utah presented a scene

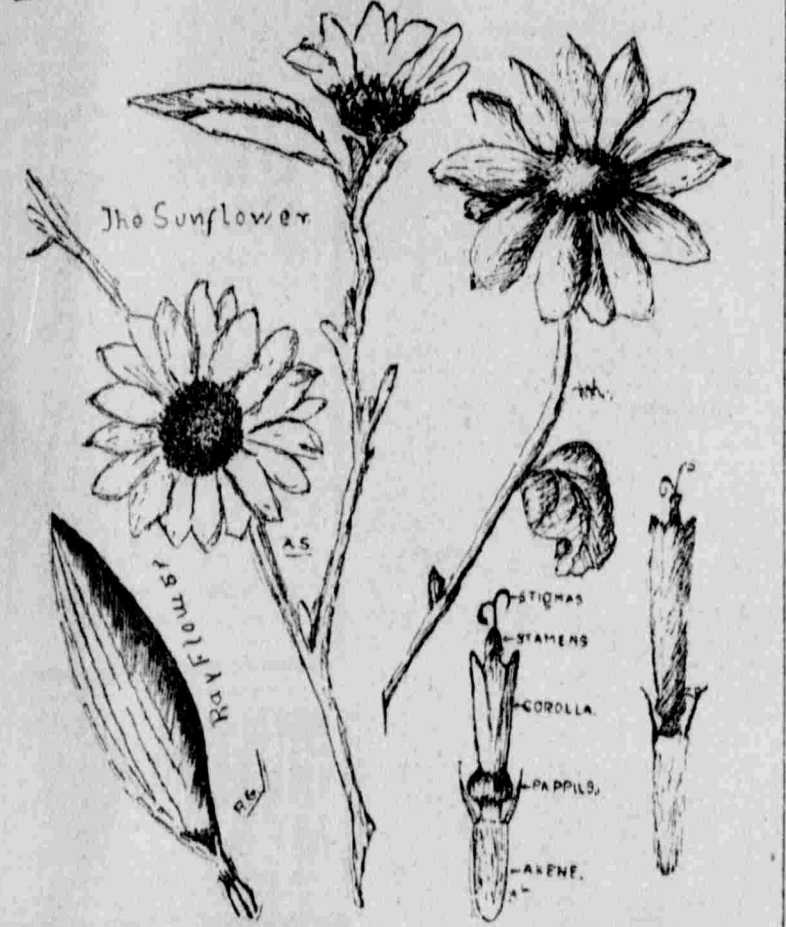
plants secure cross fertilization with the aid of their insect visitors. Then the course of the pollen-tube through the pistil into the ovule was followed, and the whole subject of pollination was brought out in clear relief. Reference was also made to the method in which the bee drinks in the drop of nectar at the base of the pistil, and how the animal elaborates this honey-dew into the honey, thus gaining a clear view of the relative dependence of the plant and the insect kingdoms.

DRAWING THE FLOWERS.

The children of the training school were now given the opportunity of studying the separate ray and disc flowers and of noting their differences—that the ray flower does not produce a fertile seed and seems to exist only to attract the bees and butterflies, and that the disc flower has a striking anatomy, which they examined under the lens and then drew from actual specimens the accompanying pictures.

FACTS ABOUT SUNFLOWERS.

Many interesting facts were developed in the course of the investigation; that sunflower seeds are enormously more abundant than seems necessary, but that the birds feed on them through the winter, picking them out from the bristly and brittle chaff that protects them from being eaten wholesale by cattle, sheep, and horses; that the surface of the whole plant seems to be covered by these seeds, which wait only to be turned under by ploughing to spring into luxuriant life; that dirt brought up 40 feet from a well contained sunflower seeds which immediately sprouted; and that it is not necessary nor even possible or desirable to exterminate this splendid beauty of a weed with which nature seems determined to clothe herself wherever the ground is turned over by the hand of man.



THE WILD SUNFLOWER, "HELIANTHUS ANNUUS." Pen drawings from nature by seventh and eighth grade pupils of the State Normal Training school. Beginning at the left: A ray flower, life size; branches of sunflower, one-third natural size; disc flowers, three times natural size.

of rare and varied beauty. As far as the eye could reach in some directions, the past rested on a continuous field of golden blossoms of the brilliant radiance of innumerable thousands of sunflowers just then in full bloom. The golden glow of the scene was not confined to the campus and to the stretch of open plateau outward toward Fort Douglas, but appeared in great patches on the northern mountains after extensive interruptions due to the presence of houses and gardens between.

Upon putting to the nature study class the question, What is the most impressive aspect of nature now about you, the vote by an overwhelming majority was, "The sunflower." "Shall we study this object first?" asked the teacher, and the vote of the students in favor of the sunflower was unanimous.

THE METHOD.

All the class procured specimens of this fine weed, and were requested to report what they saw in it; the stem its strength, texture, and duration; the leaves—their position, size, number and shape; the surface—whether rough or smooth, hairy or bare, sticky or glabrous. This observation led to the discovery that the plant is an annual, though its stem is large and coarse. It does to anything in the way of clearing land of sunflowers after they have gone to seed, unless they can be burned, and all before the seeds have been dispersed from the chaffy heads.

ATTRACTS ITS ENEMIES.

The following questions were given to the normal students who expect to graduate as teachers next June, and also to the pupils of the training school in the fifth, sixth, seventh, and eighth grades. In many cases the children answered the questions quite as readily and correctly as did the student teachers themselves. "What insects do you find visiting the sunflower?"

"Butterflies, moths, bees, wasps, bees, bees, and bees."

"For what do they visit?"

"For the food they eat—the leaves for the worms, the seeds, or fruit, for the bees, the pollen and seeds for the ants, and the nectar for the flowers for the moths, bees and butterflies."

"What attracts these animals?"

"The color of the ray-flowers, the nectar in the flower-tubes, the odor, the juicy secretions, the pollen grains."

REPELS ITS ENEMIES.

"What is there about the plant to repel some of these visitors?"

"The rough, almost prickly, and sometimes sticky surface of the stem and leaves which repel the ants, worms and beetles, and the bitter juice of the leaves and the exuding gum must be the cause of the insect species that does not crawl up its stem in order to reach the flower."

"Why does the sunflower protect itself against these insects?"

"They would eat up the pollen grains and make holes in the seeds and flowers."

## EVERY LITTLE NOISE

Coffee Nerves Easily Irritated.

Ever notice how cross and irritable a coffee drinker is when he has not had his usual dose?

Healthy persons would never notice, sound like a boiler factory or a brass band to a nerve-poisoned coffee slave.

But there's a big difference when such a one finally learns the cause of his trouble, quits coffee, and uses well-made Postum.

"For 12 years I was afflicted with stomach trouble, loss of appetite, my food distressed me and caused heartburn. Every little noise disturbed me. 'None of my physicians relieved me, but all advised me to stop drinking coffee. About two years ago my husband brought home a package of Postum and we gave it a fair trial—followed directions about boiling it 15 minutes—and liked it."

"Very soon I noticed a change in my condition. Now, thanks to Postum, I am a well woman, and every member of my family has been benefited by it. A friend who remarked on the delicious coffee I served. When I told her it was Postum she was surprised, saying she had tried it but did not like it."

"When I told her that boiling it 15 or 20 minutes gave it that rich flavor, she followed directions and then knew for herself."

"In addition to the great relief I have experienced from distressed stomach and irritated nerves, since using Postum, I find I am more level-headed and every little noise does not disturb me as it used to." Name given by Postum Co., Battle Creek, Mich.

Read the little book, "The Road to Wellville," in page. There's a reason.

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ABSOLUTELY PURE

Healthful cream of tartar, derived solely from grapes, refined to absolute purity, is the active principle of every pound of Royal Baking Powder.

Hence it is that Royal Baking Powder renders the food remarkable both for its fine flavor and healthfulness.

No alum, no phosphate—which are the principal elements of the so-called cheap baking powders—and which are derived from bones, rock and sulphuric acid.

ROYAL BAKING POWDER CO., NEW YORK.

## Church Notice's

Chamberlain, East Mill Creek. Nephi J. Bates, Rigby, Ida; Julia E. King, Rigby. Julius Heaton, Ranch; Mabel Grover, Ranch. Edward Davis, Mt. Pleasant; Eliza E. Martin, Mt. Pleasant. A. William H. Rankon, Salt Lake City; Margaret Robertson, Salt Lake City. Mark Despain, Thatcher; Mary Clum, Graham. Robert T. Cluff, Graham; Alice M. Johnson, Graham. Charles Erickson, Brigham; Ella Thars, Brigham. Frank Nelson, Provo; Florence Wright, Salt Lake City. Shirley L. Reeves, Salt Lake City; Rose De Long, Indianapolis. Irvin McQuisten, Salt Lake City; Alhertha Van Leoven, Salt Lake City. Arthur Judd, Willow Creek; Caroline Hellquist, Willow Creek. John J. Tueller, Paris, Ida; Christine A. Olson, Ovid. Carl A. Olson, Richmond; Annie V. Stoddard, Downey. John F. Dixon, Bliss; Laurena M. Wells, Oakley. Edward Bisehoff, Geneva; Johanna Blechert, Raymond. Rola Roy Reading, Murray; Zillah Bolland, Murray. John S. Morgan, Bear Lake; Ethel Rick, Bear Lake. James Hoffman, Salt Lake City; Ella Everitt, Big Cottonwood. Elias Miller, Murray; Mary Green, Big Cottonwood. John E. Broadbent, Salt Lake City; Clara S. Deighton, Salt Lake City. Francis M. Skinner, Safford; Hattie Bilby, Thatcher. James B. Carroll, Frankford; Mary E. Bendixen, Riverton. Frank W. Kemp, Milwaukee; Emma C. Frey, Salt Lake City. Nathaniel H. Hodges, Garden City. Elise M. Nelson, Salt Lake City. Alonzo Heaton, Brigham; Frances A. Hayes, Evanston. J. Harry Dean, Salt Lake City; Grace H. Perkins, Wood's Cross. Wayne Henchell, Salt Lake City; Helen D. Buckingham, Salt Lake City. Peter Allen, Bluff; Martha J. Black, Fruitland. Thomas Morgan, Popular, Ida; Susan Wilbur, Ruby. William L. Burton, Mt. Pleasant; Marian Alfred Mt. Pleasant. John L. Mitchell, East Bountiful; Emeline Bennett, Wood's Cross. Henry J. Grimes, Salt Lake City, Ida; Marlene Burkhardt, Cherry-Creek. Evan Haslam, Salt Lake City; Alice Fellows, Salt Lake City. Brigham Jarvis, Jr., St. George; Zora Smith, Provo. Eric Bartell, Brigham; Hannah Holm, Salt Lake City. Elijah Piegrass, Taylorville; Elizabeth Duerden, Wood's Cross. George Rupp, Taylorville; Hannah Eckstedt, Taylorville. James F. Brown, Jr., Fairview; Frances E. Read, Fairview. Ernest B. Sperger, Salt Lake City; Mary A. Ellwood, Salt Lake City. George W. Shotts, Pueblo; Ella Kingsley, Pueblo. George M. McConkie, Moab; Sarah E. Somerville, Moab. Henry C. Harrell, Ely; Estelle M. Davis, Salt Lake City. Theophilus Hughes, Salt Lake City; Hattie Castleton, Salt Lake City. David J. Parker, Bennington, Ida; Ellen Perkins, Bennington, Ida. George W. Barley, Laketown; Suzie Huges, Garden City. Peter Barrowman, Delamar; Alta Sprague, Monroe. Arthur A. Skidmore, Salt Lake City; Alice J. Wiscom, Salt Lake City.

TO CURE A COLD IN ONE DAY... Take LAXATIVE BROMO Quinine Tablets. Druggists refund money if it fails to cure. E. W. GROVE'S signature is on each box, 25c.

## OFFICERS ARE CHOSEN.

Women of the Mormon Battalion Held Interesting Meeting.

The Women of the Mormon Battalion met yesterday afternoon at the residence of Mrs. Stanley Clawson, and elected these officers: Mrs. Mary J. Clawson, regent; Miss Julia Jones, first vice regent; Mrs. Blanche Redman, second vice regent; Mrs. Kate Burton, secretary; Mrs. C. Felt, recording secretary; Mrs. Butterworth, treasurer; Mrs. Mary Taylor, chaplain. A paper on "The Life of Columbus" was given by Mrs. Philo Farquhar, and a biographical sketch of the same by Mrs. May Clawson. A musical program was given by Miss Butterworth and Miss Jones.

## NOTHING TO FEAR.

The question of injurious substances in medicines which has been agitating the minds of many people, does not concern those who use Chamberlain's Cough Remedy. Mothers need have no hesitancy in continuing to give it to their little ones, as it contains absolutely nothing injurious. This remedy is not only perfectly safe to give small children, but it is a medicine of great worth and merit. It has a worldwide reputation for its cures of coughs, colds and croup and is always relied upon. For sale by all druggists.

## REMARKABLE GROWTH.

The remarkable growth of the Rocky Mountain Bell Telephone company throughout this entire Intermountain country for the past six months has been unprecedented in the annals of telephone experience. Sweeping gains have taken place from Logan to Provo, Ogden being noticeably foremost with splendid increases. Perhaps the most unusual situation is disclosed here in Salt Lake where, without the services of canvassers in two weeks, the subscription list has been increased by 210 new contracts and 115 raises of service contracts by patrons calling at the office. Identically the same condition prevails throughout Idaho, Montana and Wyoming, the demand in some localities being far in advance of the company's immediate capacity to supply the wants.

with sermons by the pastor, morning at 11, evening at 7:45. Sunday school at 12:15; Christian Endeavor at 6:30. Very cordial welcome to all worshippers at these services.

## Metabolist.

First Methodist Episcopal, corner of Second South and Second East streets, Dr. Benjamin Young, pastor—Morning service at 11 a. m. and 7:30 p. m.; morning topic, "Prayer"; evening subject, "Paying the Price"; Sunday school at 9:45 a. m.; Epworth league at 6:30 p. m. All are very kindly invited to these services.

Liberty Park, M. E., corner Eighth East and Ninth South E. Parker, pastor—Sunday school, 10 a. m.; A. Tracy, superintendent; public worship, 11 a. m. and 7:30 p. m.; class meeting at the close of the morning service; prayer meeting Wednesday, 7:30 p. m. Subject for Sunday morning, "Planning for the Means of Grace"; evening subject, "A Whole Heart—Sincerity." Everybody welcome to all services. Our motto is "Spiritual Friendship and Helpfulness." The Ladies' Aid will meet Thursday at 2 p. m. with Mrs. A. Tracy, 876 Liberty avenue; Junior league, Sunday, 2:30 p. m.; Deaconess Meeting, president.

Hill M. E., Ninth East and First South, D. M. Holmick, pastor—Preaching by the pastor at 11 a. m. and 7:30 p. m. Good music. Miss Eva Dunyon will play a piano solo at the morning service; Sunday school at 10 a. m.; Epworth league at 6:30 p. m.; prayer meeting Wednesday evening at 7:30. A cordial invitation to each of these services. Strangers welcome. Seats free.

## Presbyterian.

First Presbyterian, corner of South Temple and C streets, Rev. W. M. Paden, D. D., pastor—Morning service at 11 o'clock; evening service at 7:45 o'clock. The subject at night will close a series of sermons on the "History of the Bible." Sunday school at 12:30 p. m.; Christian Endeavor society at 6:30; midweek services on Wednesday evening; teachers' meeting at 7:30; prayer and conference at 8 p. m. All seats are free and every one invited and made welcome.

Westminster Presbyterian, Fourth West between First and Second South streets, Rev. McLean W. Davis, minister—Sunday school, 12:15; Christian Endeavor, 6:30 p. m.; prayer meeting, 7:45. Wednesday evening, preparatory service for communion.

Endeavor Presbyterian, 622 West First North street, superintendent, Mrs. E. M. Quailworth—Sunday school at 1:30 p. m. Visitors are welcome.

## Baptist.

Calvary Baptist, 474 east Second South street, John H. Allen, pastor—Preaching by the pastor at 11 a. m. subject, "Redeeming the Time"; 12:30 p. m. Sunday school, W. D. Carter, superintendent; 7 p. m. B. Y. P. U. Mrs. J. H. Allen, president, Mrs. M. J. Atkinson, leader; 8 p. m. preaching, Atkinson, leader, subject, "What Think Ye of Christ?" Oleander Literary society, Wednesday evening, 8:30 o'clock.

First Baptist, corner Second South and Second West, Rev. D. A. Brown, pastor—Preaching at 11 a. m. and 7:30 p. m.; Sunday school at 12:30, F. L. Evans, superintendent; B. Y. P. U. at 6:30 p. m.; leader, Miss Eva Newcomer, subject, "Who Are Faithful and Who Are Wise?" Wednesday evening service at 7:30. A welcome to all.

Rio Grande Mission, Second South between Ninth and Tenth West—Sunday school at 9:30 a. m., George Paul, superintendent.

Burlington Mission, corner Indiana avenue and Navajo street—Sunday school at 9:30 a. m., Henry Jacobs, superintendent.

East Side Baptist, Seventh East and Third South, Rev. S. A. Hayworth, pastor—Morning worship at 11, with preaching on the subject, "Faithful in Little, Faithful in Much." Sunday school at 12:15. Christian Endeavor at 6:30 p. m.; evening service, 7:30 p. m. The pastor will preach the third of a series on great Bible questions, this being the question of a heart-broken father. "Is the young man, Absalom, safe?" This sermon will be of special interest to men. Following the sermon the ordinance of baptism will be administered. Prayer meeting Wednesday evening at 7:30. All are invited to these services.

## Unitarian.

First Unitarian society, services at Unity Hall, 138 Second East street, Rev. Frank Fay Eddy, pastor—Services at 11 a. m., sermon topic, "From Romanism to Poetry in Religion," music by Unity quartet, with duet by Mrs. Browning and Mr. Poll, and solo by Mr. Poll; Sunday school at 12:15; business meeting of congregation Tuesday evening at 8 o'clock; regular meeting of Unity circle, Tuesday at 3:30. Unity club meets Thursday evening with Mr. and Mrs. Eddy, No. 4 Progress flats; Young People's union meets Friday evening with Mr. and Mrs. Eddy.

## Scientist.

First Church of Christ, Scientist, 336 east Third South—Sunday school at 9:40 a. m.; church services at 11 a. m. and 8 p. m., subject, "Doctrine of Atonement," strangers are especially welcome. Each Wednesday evening, at 8 o'clock, a meeting is held to listen to testimonials of healing of both sin and sickness. All are welcome to these services. Free reading room, open daily from 10 a. m. to 5 p. m. in rooms 607-608 Scott building, 168 Main street.

## Second Church of Christ, Scientist.

I. O. O. F. hall, corner of Eleventh South and Eleventh East—Lesson sermon at 11 a. m., subject, "Doctrine of Atonement." Sunday school at 12:15 p. m.; Wednesday evening testimonial meeting at 8 o'clock. All are welcome.

## Reorganized Church.

Reorganized Church of Jesus Christ of Latter-day Saints, 225 east Second South street—Preaching service at 11 a. m. by Elder E. C. Briggs of Lamoni, Ia.; subject, "Doctrine of God"; evening service, 7:30; preaching by Elder J. D. Stead, subject, "Doctrine of Christ." Sunday school at 10 a. m. Everybody is cordially invited to attend these services.

Children eat, sleep and grow after taking Hollister's Rocky Mountain Tea. Brings rosy cheeks, laughing eyes, good health and strength. A tonic for sickly children. Tea or Tablets, 3c. cents. C. M. I. Drug Dept., 112-114 Main St.

## Evangelical Lutheran.

English Lutheran, 336 Fourth East street, Rev. F. W. Bussard, pastor—Services as usual, with Sunday school at 10 a. m. and church service at 11 a. m. All welcome.

First German Evangelical Lutheran St. John's, Seventh South, near State, William J. Lankow, pastor—Sunday school, 9:30 a. m.; service, 10:30 a. m.

Danish Evangelical Lutheran, Harold Jensen pastor—Services at 3 p. m.

## Congregational.

First Congregational, corner of Fourth East and First South streets, Elmer L. Goshen, pastor—Morning service at 10:45, sermon by the pastor; Sunday school at 12:30. Communion service at 5 p. m.; Christian Endeavor at 6 p. m.

Phillips Congregational, Fifth South and Seventh East streets, Rev. P. A. Simpkin, pastor—Services Sunday.

# GRANDPARENTS TELL ABOUT PE-RU-NA.

Catarrah Fifteen Years.

Mrs. S. A. Rogers, LeMoore, Cal., writes: "I had chronic catarrah of fifteen years standing, and death seemed to stare me in the face. I tried several 'so-called' catarrah remedies, and without avail. I took fifteen bottles of Peruna and five bottles of Manalin, and I am completely cured. All the catarrah symptoms are gone, my digestion is good, my appetite is good, and I rest well at night. I am seventy years of age and I hope to live many more years to praise Peruna to all my friends who suffer from catarrah as I did."

Rheumatism of Old Age.

Mrs. Caroline Trunk, 1705 Jefferson Ave., Peoria, Ill., writes: "I had a very painful trouble for six years, consisting of rheumatism in the back and in the thigh. I used a great deal of medicine, but it did not help me. Then I used Dr. Hartman's Peruna, and two bottles of this entirely freed me of the rheumatism. I wish to keep both Peruna and Manalin always in the house. This is the best medicine that I can recommend any one to take for rheumatism."

Catarrah All Through My System.

Mr. Robert Metters, Murdock, Casa Co., Neb., Box 45, writes: "I commenced to take Peruna the first of last February. I took it as nearly as possible according to directions. I also got a Peruna almanac and for the first time learned that my trouble was systemic catarrah. I had catarrah from my head all through my system. I took Peruna until I was entirely cured."

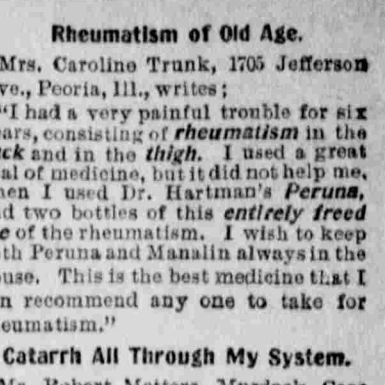
Cough and Indigestion.

Thos. Beckwith, 11 Kitchell St., Auburn, N. Y., writes: "I was troubled with a cough and indigestion. Thanks to your advice and Peruna I am in good health now. I was talking with an old friend last week. He told me he took Peruna last winter, and he is in the best of health, working every day and speaks highly of your medicine. I shall feel it my duty to recommend Peruna to all my friends."

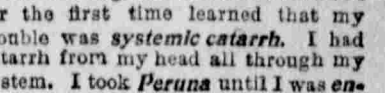
A great many testimonials from people of high rank and people in the ordinary walks of life, are received every month. Catarrah in all its phases, catarrah of the different organs of the body; acute catarrah, chronic catarrah, catarrah that has baffled other remedies—all these are giving to Peruna unqualified and unsolicited endorsement.

I am eighty-three and a half years old, and feel as young as I did ten years ago. "I visited recently among some old friends, who said I looked as young as I did twenty years ago. I thank you for your kindness to me, and hope you may live long to benefit suffering humanity."

"I believe Peruna is the best medicine in the world for all catarrah diseases."—Mr. J. W. Palmer, 1416 Tower Ave., Superior, Wis.



MRS. S. A. ROGERS.



MRS. C. TRUNK.



ROBERT METTERS.

# Knitted Garments, Underwear and Hosiery

Little Thread garments, a few still in stock, per pair \$1.00. Medium weight Cotton, per pair 90c. Fine Cotton, splendid wearing quality, per pair \$1.00. Best grade fine cotton, bleached or unbleached, per pair \$1.25. Best Fine Pile, bleached or unbleached, per pair \$1.50. Soft Wool and Cotton mixed, per pair \$2.00. Medium heavy Worsteds, per pair \$2.50.

Ladies, children's and Men's and Boy's Underwear in great varieties. Hosiery in all grades and prices—our leading line. We are known for the Hosiery we sell. UMBRELLAS, TRUNKS, SACHELS, NOTIONS OF ALL KINDS.

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# It Will Pay You to See SALSICKLE

The Low Price Reliable Jeweler For Diamonds and Watches

233 S. Main St. Below the Kenyon Hotel, next to the fence

# 334 Main Salt Lake City UTAH DENTAL CO., Logan, Utah

Teeth extracted positively without pain. Free with other work. Set Teeth (best red rubber), \$5.00. Gold Crowns, 23-k., \$7.50 to \$8.00. Bridge Work, best, \$8.50 to \$9.00. Salt Fillings, \$1.00 up. All Other Fillings, \$1.00 to \$1.50. 12 YEARS' GUARANTEE. FREE examination and advice. Open all 6 p. m. Sundays 10 to 1.

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IS NOW IN THE MARKET For All Kinds of Lead and Copper Ores at PRICES FAVORABLE TO SHIPPERS.

# LYRIC THEATRE

Salt Lake's Only Family Theater. TONIGHT! The Two Orphans. Matinees Wednesday and Saturday.

Starting Next Week: Sensational Comedy Drama, THE MAN WITHOUT A COUNTRY. Prices—50c, 25c, 10c. Matinees—Children, 10c; Adults, 50c. All seats reserved.

# When Afflicted

Get the benefit of recent discoveries in medicine. The Best Is none too good.

Dr. Orin Powell's Nerve Tablets. The very latest treatment for Nervous Debility, Insomnia, Melancholia, Failing Memory, Impaired Energy, Physical and Mental Weakness. A positive cure guaranteed by the manufacturers through their agents, who are under instructions to refund your money if not satisfied with results. Price \$1.00 per box; six boxes for \$5.00. At all drug stores or by mail, securely sealed. Address Doull Bros., Salt Lake City, Utah, sole agents for the United States.

# Your Spare Moments

When in town can be profitably spent in our beautiful store inspecting the new Fall and Holiday goods that are arriving daily. PHONE 6 FOR THE CORRECT TIME.

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