

Practise In The Art of Walking Gives Health and Grace to Girls.

YOUTH is so charming in itself—so full of joy and life and hope—that we can forgive it much in the way of faults, and even recent ones.

But should we let our girls go on in the way of faults, and even recent ones, and forming the habit of awkward movements which will surely destroy the dignity and charm we wish them to have in mature years?

Our high schools, and even our fashionable boarding schools and colleges, send forth into the world thousands of girls who know everything—except how to walk and talk correctly—the very first things one would expect to observe in the graduate of any school. Indeed, the gymnasiums and dancing schools, whose avowed purpose is physical training, graduate pupils who cannot stand or walk well, and who can by no flight of the imagination be called graceful.

Let us trust that the patrons of our schools will some day demand intelligent physical culture for their daughters instead of the violent exercises which often injure delicate constitutions, and that our educators may realize that education is to fit the young to live, and that they should be taught enough of the structure of the body to know how to use it easily and correctly for their best health and expression. A healthy body and the power to use it well is the source of happiness, brain power, usefulness and success in every life. Right physical training will bring, not only better health, but a better posture, better figure, more grace and a stronger personality.

Poise—or right position of the body—is the first essential for health or grace. In order that there shall be no pressure on any organ in standing, or strain in walking, the weight must always be over the balls of the feet. This may easily be acquired by rising on them, then letting the heels go slowly down, without tipping the body back. From this simple exercise one soon forms the habit of keeping the weight well forward—the center of gravity falling between the insteps. In this position all pressure is taken off the back, which has borne our burdens quite long enough.

When a girl walks heavily she is always walking incorrectly, and is never graceful. Girls are not altogether to blame for this, as they are told from childhood to "throw their shoulders back," which has a tendency to put the weight on the heels, a strain on the back, and to throw the head forward. Instead, the young should be told to throw the chest forward, and the head and shoulders will take their right position. Correct poise leaves each organ free to do its work, especially the lungs and diaphragm, upon whose action we depend for the very breath of life.

Incidentally women may be reminded of the effect which the proper carriage of the body has upon the fit and hang of their gowns. Most girls have an exact idea of what clothes will do for them. True, the dressmaker's art may cover defects of form, but it cannot make a skirt hang well on a badly poised body, nor can any amount of silk, satin or lace hide an awkward walk. On the other hand, no gown, however simple, can detract from our admiration of a woman who is well poised and graceful.

The modern girl is at her worst when she walks. Her feet are in low shoes with high heels, and her stride is out of all proportion to her height. Her right arm is swung vigorously back and forth while the left one clutches a handbag, and holds it off to one side, with elbow aggressive. Her chest is depressed and her head, with its marvelous adornment, is thrust forward.

The present fashion in shoes is particularly responsible for the awkwardness of our girls. Shoes with high heels tip the foot down, preventing the beautiful spring of the instep arch. If such shoes could be replaced by the house shoe, and girls wear well shaped shoes, and get out of doors, they would not only be more graceful, but would find more pleasure in walking—which is an exercise how much to commend.

Three suggestions will help anyone who wishes to walk gracefully and with the alertness which is characteristic of youth: the forward foot should point practically straight (the walking position in supporting weight); the back foot should push the body forward; the chest should be high and forward. As long as we live we must hold ourselves up by muscular effort, and when we have learned the right way it soon becomes a matter of habit. Another thing which is necessary for the attainment of a light, graceful walk is activity and strength in the feet. The feet are a burden of responsibility, for it must always bear our weight, and at the same time help in propelling the body. Since in walking the weight is on one foot while the other is being put forward, everyone should practise standing well balanced on one foot, which is very flexible, strong and susceptible of wonderful training, as proved by the ballet dancer.

Relaxation is the second thing necessary for grace, as well as for the nerves. But relaxation does not mean merely collapsing in a listless, aimless sort of way and being "willy." It means having the power to control the muscles—letting those rest which are not needed for the immediate work. Most of course is at the joints, and the muscles moving them may be made to act rhythmically by a little practise. The body being constructed for movement responds quickly to the pendulum-like swing of the leg from the hip, and the harmonious yet very elastic swing of the arm. A woman's arms are stiff because her shoulders are usually tense. When the chest is active, the shoulders hang down in place, and the arms should hang at the sides.

While one is relaxing to learn to be graceful, one is also developing control of the muscles concerned in deep breathing and indirectly helping one's voice. The voice comes out in a more full sympathy with the other muscles of the body, and it is encouraging to know that the better use of any muscle helps the voice.

Nervous tension is our great national fault. It is getting into our faces, as well as into our body and voice. It is time to relax, and even our girls would not be less charming with a little more composure of manner.

As to the sitting position of the average young woman—it is not only awkward and inelegant, but injurious. In bending over a desk, or at table, or merely in conversation, the movement should be at the hips. The hip joint is large and admits of more freedom and grace than the spine. The chest should never be relaxed, as it throws pressure on the vital organs, and gives up the round shoulders and forward head so awkward in the young, and such an evidence of indolence in the middle-aged.

And now just a word to the girls themselves who may read this. Do you realize that your spirit, your expression itself only through the body, and that for that reason alone you should wish to have a cultured body as well as a cultured mind? You have two voices with which you speak to the world—the voice you use consciously to express your thoughts, and the silent "voice of your presence" which is speaking to all who see you. Every attitude and movement show something of your thought, purpose or character. What is the voice of your presence saying to the world?

If you were always going to be young, if you had not wifehood and motherhood in the future—it would matter quite so much how awkwardly you move, how you waste your strength, how little you care for the laws of health and hygiene. Or if in later life you could suddenly be changed by the touch of a magic wand! But it cannot.

A SCHOLAR IN POLITICS.

Henry Cabot Lodge, United States senator from Massachusetts, is "a scholar in politics." He was graduated

from Harvard in 1871 and from the Harvard law school in 1873. He has received the degree of doctor of laws from Williams college, Clark university, Yale university and Harvard university.

He has written a history of the English colonies in America, a life of Alexander Hamilton, a life of George Washington, a life of Daniel Webster and a history of Boston. He collaborated with Theodore Roosevelt in producing "Hero Tales From American History." He edited the works of Alexander Hamilton and is the author of various other volumes dealing with American history and government.

"A scholar in politics" ought to be a very useful public servant, with his high ideals, unflinching devotion to principles and the courage of lofty convictions. Instead we find the senator from Massachusetts cynically maintaining that the Republican party never pledged itself to a downward revision of the tariff, and is under obligations to do nothing more than go over the whole subject and make changes in such rates as were "improper." Even "Uncle Joe" Cannon and Seneca E. Payne, who are not scholars in politics and have never been saturated with Harvard idealism, would not have the audacity to set up such a thimble rig-

ging justification of political false pretenses. A tariff debate brings out the "scholar in politics" in all his moral effluence. Penrose of Pennsylvania was graduated from Harvard in 1881, just 10 years after Lodge.—New York World.

A SENSITIVE INSTRUMENT.

By means of thermopiles and radiometers it is possible to record the heat transmitted from the moon to the earth or that of the body of a fly walking over the instrument. The radiometer will detect differences of less

than one-millionth of a degree centigrade, the rise of temperature produced by the flame of a candle 75 feet distant.

WANTED.

"Bids for furnishing 750,000 lbs. Oats, 800 tons First quality Timothy Hay; delivery to be made at regular intervals during period of one year from date. In submitting bids on above material state prices F. O. B. cars Salt Lake, giving full particulars regarding quality of material. Mail bids to P. J. Moran, Box 783, Salt Lake City."

Continuation of the Big Ready-to-Wear Garment Sale

Muslin Drawers 59c

75c and \$1.00 garments. Made of an extra fine grade of soft muslin, lace trimmed and embroidery trimmed. Several styles to choose from. An extra special for the day.

"The Paris."

CHILDREN'S DRESSES

Our Entire Line of Children's White and Colored Dresses at 33½ Per cent. Discount.

Big Reductions Throughout the Entire House One Solid Week of Great Bargain Giving Low Prices Next Week Will be Astonishing

Hundreds of items throughout the Establishment have been reduced that will not be mentioned in this ad on account of the small quantities. The Reductions range from One-Fourth, One-Third and One-Half. You'll have to attend the Sale to appreciate it.

Another Big Reduction in All Summer Millinery.

An Extra Special for Monday Morning from 8 to 9 o'clock Fifty

Ready-to-wear Street Hats; values up to \$5.00; while they last

at..... **95c**

Trimmed Hats \$2.95

Two hundred and fifty, values up to \$7.50, your choice for the above quoted price.

Children's Sailors

One lot

Sailors at **19c**

One lot

Sailors at **39c**

One lot, value up

to \$2.00, at..... **95c**

Women's Sailors

One lot

Sailors at..... **39c**

One lot

Sailors at..... **69c**

One lot, Sailors value

up to \$1.50, at..... **89c**

Wool Skirts—\$3.95; values up to \$8.00. They come in the all-wool Panama, nicely trimmed with buttons and silk bands; colors brown and navy.

Wool Skirts \$2.95

Values up to \$6.00 in the fancy weave Panama; good range of sizes and colors.

Young Girl's Skirts \$2.95

Values up to \$5.00; fancy weaves, Panama; colors: brown, navy, black; all sizes.

The Greatest Bargains in White Lawn Waists 98c

Values from \$1.50, \$1.75 and \$2.00; made of a fine sheer material, tucked, lace and embroidery trimmed. Several different styles to choose from.

\$4.50 and \$5.00 Net Lace Waists \$1.95

Daintily made in the broad shoulder effect. Several styles to choose from; colors: ecru and white, sizes from 34 to 42.

Tailored Suits \$3.95

Made of an extra good quality of the washable Duck and Repp, cut the three-quarter length and semi-fitted; the skirt gored and extra full; sizes from 34 to 40; colors, white, tan, blue.

Clearance Prices on All Parasols

\$1.35 Parasols \$1.00

\$1.50 Parasols \$1.13

\$1.75 Parasols \$1.32

\$2.00 Parasols \$1.50

\$2.25 Parasols \$1.67

\$2.50 Parasols \$1.88

\$2.75 Parasols \$2.09

\$3.00 Parasols \$2.25

\$3.75 Parasols \$2.82

\$4.50 Parasols \$3.38

Ribbon Specials

20c and 25c Luster Taffeta Ribbons. Special, yard..... **15c**

30c Luster Taffeta Ribbons. Special, yard..... **20c**

35c and 40c All-silk Ribbon, in plain and fancy, in all colors. Special, yard..... **25c**

Best quality All-silk Satin Ribbons, in all colors. Special for the 5-inch, regular 40c value. Special, yard..... **29c**

30c and 35c All-silk Satin Ribbons. Special for, yard..... **25c**

35c and 50c Dresden Ribbons for..... **25c**

15c All-silk Luster Taffeta Ribbons, all colors. Special for, yard..... **10c**

65c and 75c Dresden Ribbons for..... **39c**

GLOVES At Clearing Prices.

Two Extra Specials.

75c 12-button-length Pure Silk Glove, in black, white

and tan—the pair..... **49c**

\$1.75 and \$2.00 Pure Silk 16-button-length Gloves, all

colors—the pair..... **89c**

CORSETS At Clearing Prices

G. D. Justrite Corset, extra long hip, front and side

support. Special..... **\$1.25**

Empire Corsets, long hip, with six supporters; regular \$1.25 value. Clearing Sale

price..... **85c**

Empire Corset, extra long front and side supporters; regular \$1.25 value. Clearing sale price..... **75c**

HOSIERY At Clearing Prices

Ladies' Seamless Cotton Hose, black and tan; double heels and toes. Special at, 3

pair for..... **50c**

Ladies' Fine Lace Hose double heels and toes; colors, black white and gray; 35c

value, at..... **21c**

Ladies' Fancy-striped Lisle Hose, double heels and toes, in pinks, blue, lavender, black and tan; 35c value, for,

the pair..... **25c**

Children's Fast Black Ribbed Cotton Hose, double heels and toes, the

pair..... **10c**

Boys' good quality Fast Black Ribbed Cotton Hose,

3 pair for..... **50c**

\$1.25 Petticoats 79c

Several different styles to choose from; also fancy colors as well as an extra good black. They are made with a deep knee flounce, shirred and strapped; come in all lengths.

Children's \$4.50 and \$5.00 Wool Coats, ages from 6 to 14 years. Clearance

sale price..... **\$1.95**

All 65c and 75 Neckwear at..... **49c**

All \$1.00 Neckwear at..... **69c**

UNDERWEAR At Special Clearing Prices

Ladies' Fine Cotton Vests, low neck and sleeveless, or short

sleeves; out sizes. Special at, three

for..... **50c**

Ladies' Fine Cotton Drawers, lace trimmed; extra large; 35c

quality, for..... **25c**

Ladies' Fine Cotton Vests, low neck and sleeveless; fancy yokes. Special

for..... **25c**

Ladies' good quality Union Suits, low neck and sleeveless, lace trimmed; regular 75c quality, for..... **50c**

Linen Colored Petticoats, extra special; limited quantity. Clearance sale

price..... **39c**

\$3.00 Fancy-striped Lawn Jumper Dresses, sizes from 14, 16, 18, 20 years. Clear-

ance sale price..... **\$1.50**

\$1.00 Children's Embroidered Lawn Hats. Clear-

ance Special, each..... **48c**

50c White, Tan, Gray and Navy Cloth Hats. Special, each..... **39c**

50c Touring or Outing Caps, in white, tan and gray. Special..... **25c**

75c Caps. Special, each..... **48c**

50c Caps. Special, each..... **35c**

40c Caps. Special, each..... **29c**

25c Caps. Special, each..... **19c**

Children's Headwear

A large variety of Collars, in fine lace, crochet and washable materials. Bows in silk, linen or net; Windsor Ties and String Ties. Values up to 50c.

Clearing price..... **19c**

500 dozen Children's Printed Handkerchiefs, each..... **1c**

Neckwear Reduced

White Muslin Underskirts; several styles to choose from; regular value 75c. Clearance sale

price..... **49c**

20c Plain and Fancy Wash Belts. Clearance

price..... **10c**

Kid and Leather Belts, values to \$2.00. Special

for..... **75c**

\$1.25 to \$1.50 Soft Leather Bags. Special, each..... **95c**

50c Chamois Purses. Special..... **35c**

50c 12-button-length Fine Lisle Gloves. Clear-

ance sale price..... **25c**

An Extra Special List

200 dozen Ladies' 10c Handkerchiefs; fancy embroidered corner. Clearance Sale

price at, each..... **5c**

\$1.50 and \$1.75 Black Lawn Shirt Waist, embroidered front. Clearance Sale

price..... **98c**

white, sizes from 34 to 42.

length Suede Lisle Gloves, sizes 5 1-2, 6, 6 1-2 only. Clearance

sale price..... **49c**

White Muslin Underskirts; several styles to choose from; regular value 75c. Clearance

sale price..... **49c**

Ladies' Fine Jersey-ribbed Cotton Vests, low neck and sleeves. Extra Special Clear-

ance Sale price..... **10c**

Linen Colored Petticoats, extra special; limited quantity. Clearance sale

price..... **39c**

\$3.00 Fancy-striped Lawn Jumper Dresses, sizes from 14, 16, 18, 20 years. Clear-

ance sale price..... **\$1.50**

\$1.00 Children's Embroidered Lawn Hats. Clear-

ance Special, each..... **48c**

200 doz. Ladies' 15c Handkerchiefs, fancy embroidered and lace corners, two for..... **15c**

20c Enamel Sash Pins. Clearance Sale

Special..... **10c**

Children's 50c Rompers, ages from 2, 4, 6

years..... **29c**

25c Crystal and Pearl Neck Chains, all colors. Clearance Sale

price, each..... **10c**

Ce.5's.or.o.i.* - 8.w. Children's 50c Cloth Hats, assorted styles. Clearance

price, each..... **25c**

Whisk Brooms, regular 35c value. Special,

each..... **19c**

500 dozen Children's Printed Handkerchiefs, each..... **1c**

\$1 and \$1.50 Fancy Neck Chains. Extra Special. Clearing..... **48c**

50c to 85c Belts, elastic, silk and kid. Special, each..... **35c**

25c and 35c Embroidered Wash Belts. Special z

for..... **18c**

35c Pearl Neck Chains. Special, each,

at..... **19c**

Sample line Elastic Belts, values up to \$2. Clearing

price..... **75c**

20c Plain and Fancy Wash Belts. Clearing

price..... **10c**

Kid and Leather Belts, values to \$2.00. Special

for..... **75c**

\$1.25 to \$1.50 Soft Leather Bags. Special, each..... **95c**

50c Chamois Purses. Special..... **35c**

50c 12-button-length Fine Lisle Gloves. Clear-

ance sale price..... **25c**

35c Wire Hair Brushes. Special for,

each..... **25c**

Children's Gingham Rompers, one to