

Dr. Wiley Prepares an Ideal Food Box For Starving Belgium

New Plan of Relief Suggested by Washington Woman—How You Can Aid the Stricken Little Sister of the World

By WILL IRWIN



MRS. JOSEPH DARLING DIRECTING THE PACKING OF IDEAL FOOD BOXES.

THIS is going to be a pretty hard winter in America. The war in Europe has disturbed business in every direction. We have a few hungry people ourselves. And yet Belgium, a brave little, thrifty little nation of 7,000,000 people, is going to starve to death this winter unless America feeds the Belgians. How are we going to take care both of our own and of the "stricken little sister of the world"?

A woman solved the problem. Mrs. Joseph Darling of Washington has been knitting stockings and scarfs for European war sufferers until it occurred to her that she might be using her brains as well as her fingers. She set down forthwith and thought out the idea of "food boxes for Belgium." Mrs. Darling saw Dr. Harvey Wiley, who laid out the ideal food boxes for Belgium relief, and their plan has now been taken up by the women's section of the commission for relief to Belgium, of which Mrs. Lindou Bates is chairman.

Dr. Wiley's box for Belgian adults, as slightly revised to get its weight within the parcel post regulations, is as follows: Three No. 3 tins of beans, three No. 1 tins of pink Alaska salmon, one five-pound sack of rolled oats, one five-pound sack of yellow cornmeal, one five-pound sack of yellow split peas, one two-pound sack of granulated sugar, one three-pound sack of California grapes, one seven-pound sack of wheat flour, one one-pound sack of salt, one can opener, one box.

That, however, is only a guide to the kind of food which the Belgians need. It is intended mainly for such Americans as can afford to go and order boxes from the grocer. Belgium wants any kind of food which will stand ocean transportation, which excludes fresh fruit and vegetables.

The commission for relief to Belgium has arranged with the postoffice department to transmit all Belgian relief foodstuffs free of cost to the donor. If you put your name and address on the package and add the letter "R" the money expended for stamps will be refunded by the commission. The package should weigh not less than twenty pounds and not more than fifty.

Packages mailed from UTAH should be addressed to REDMAN FIRE-PROOF STORAGE COMPANY, SALT LAKE CITY, who are collecting agents for this district.

Dangers of a Cold.

Do you know that of all the minor ailments colds are by far the most dangerous? It is not the colds themselves that you need to fear, but the serious diseases that they so often lead to. For that reason every cold should be gotten rid of with the least possible delay. To accomplish this, you will find Chamberlain's Cough Remedy of great help to you. It loosens a cold, relieves the lungs, aids expectoration and enables the system to throw off the cold. For sale by all dealers. Advt.

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LIFE SAVING STUNTS

First Aid Work As Practiced at Utah's State University.

During the last two weeks the old boiler house at the University of Utah at Salt Lake City has been turned into a mine tunnel, and has been filled with sulphur smoke and poisonous gases generally for experimental purposes in mine rescue work. Students of the school of mines, equipped in oxygen helmets, have been living for two hours a day in an atmosphere which would be fatal to the wounded miner. The work is a part of the cooperative work in first aid and mine rescue conducted by the University of Utah and United States bureau of mines. Through the efforts of the university the rescue car of the bureau of mines has been in Salt Lake City. The man in charge of the car, J. C. Roberts, and his corps of assistants have been at the university collaborating in the conducting of two courses of instruction, one in mine rescue work and one in first aid.

In the mine rescue work only students have been permitted to work, who by physical examination have proved themselves possessed of physical strength. The training in the course has been largely in the use of the oxygen helmet, the purpose being to give these young engineers practice in the use of this device, which will enable them as actual engineers later to go into mines in which there have been explosions and rescue men who may be imprisoned therein. The course in first aid is open to the university students at large. The work of this course has concerned the immediate treatment which should be given to broken limbs, to cuts and burns, and to such other injuries as men engaged in mining are likely to meet.

The work has proved of so much interest that it seems likely to become a part of the regular curriculum of the school of mines.

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KILLING GRADES HAVE GAINED IN STRENGTH

OUTLOOK FOR STOCKERS AND FEEDERS FAVORABLE.

Top On Beef Steers, \$9.00—General Market in Good Condition—Liberal Supply of Hogs and Packers Buying Freely—Mutton Advances 10 Cents.

KANSAS CITY, Mo., Jan. 8.—Cattle receipts have been small since Tuesday, and the market on killing grades has gained a little strength. Tuesday was the big day of the week in stockers and feeders, as the yards were overrun with buyers that day. Demand eased off in the usual way the last days of the week but the outlook for the stocker and feeder market is favorable. There will probably be a good supply of medium grade stock cattle here the first of the week from Iowa, and it might be an opportunity to get some cattle at reasonable prices. Chicago cannot handle stockers and feeders on account of the quarantine regulations, hence some of the Iowa men are shipping to Kansas City. Top on beef steers for the week was \$9, with a fair number of good steers at \$8.40 to \$8.75, medium steers \$7.50 to \$8.25. Butcher cattle sold with little change from day to day, best cows worth \$7.25, though few of that quality are coming, heifers largely at \$7 to \$8.25, bulls \$5.75 to \$6.50, veal calves \$8.75 to \$10.25. In the quarantine division there was a good supply Monday, and quality averaged high, most of the cattle coming from oil mills, top \$8, bulk of the steers at \$6.25 to \$7.25. The general cattle market is in good condition, the main weakening influence being heavy runs out of Illinois and Iowa, the accumulation acquired there while quarantine regulations were more rigid than now. When this surplus is worked off, the beef cattle market will, it is figured, acquire a stride more favorable to sellers.

Hogs arrived liberally this week, and markets east of the Mississippi were deluged with them. Packers bought freely, apparently well pleased to have access to plenty of hogs, and declines for the week are very slight, considering everything. The Chicago market closed with a big decline today, fifteen to twenty-five cents, but sales here were only ten to fifteen cents lower, bulk here \$6.20 to \$7.15 today, same as at Chicago, top here \$7.10, five cents under Chicago.

Sheep and lambs close the week with an advance of ten cents today, and with best lambs quotable around \$4.85. Some light pen fed lambs brought \$4.75 today, and lambs little better than feeders sold at \$4.25. Fed yearlings sold at \$7.40, and fed ewes of the best kind bring \$5.90 to \$6.10. There will probably be temporary declines, but the market is expected to hold up well, account of the small number on feed this winter in nearly every section.

COAL STORY IS BUNK

Stephen H. Babcock Trying to Secure Business For the Midland.

R. H. Babcock, former traffic manager of the Denver and Rio Grande and later holding a similar position with the Salt Lake City Commercial club, has been in Utah for several days trying to work up business for the Colorado Midland railroad, with which line he is now associated under George W. Vallery, receiver.

Salt Lake City's daily press has put out statements to the effect that Babcock is here to try and create a market east of Denver, Colo., for Utah coals, the most of which would come from Carbon county if any considerable shipments were made. However, there is nothing to the coal story.

Babcock is simply trying, because of his wide acquaintance and popularity in Utah, to interest shippers in general to route their business both east and west, over the Midland as part of a plan to put the road back on a paying basis.

Carbon county coals cannot hope to ever come in competition in the territory east of Denver with those from Colorado, Kansas and Missouri.

REMARKABLE RECORD

Expenditure For the Mounds Bridge Comes Within Appropriation.

For the first time in the history of road and bridge building in Utah, a county bridge has been built for a sum within the amount appropriated for it. Private contractors have always failed to keep within the limit, but the state road commission accomplished the seemingly impossible. In the construction of a steel bridge over the Price river at Mounds in Emery county, seventeen miles east of Price, Emery county's bill for the work, giving all the items of expense, was received last Friday by E. H. Morgan, state road engineer. Morgan, after checking up the bill, took it to the state board of examiners with the recommendation that the claim be allowed in full. The last state legislature appropriated \$2700, while the finished bridge bill is for \$5077.41.

The plans and specifications were made by the engineers of the state road commission and the work done by the commission in co-operation with the Emery county commissioners.

A Test for Liver Complaint—Mentally Unhappy—Physically Dull.

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