

Woman's Page

Fall Shoes With High Heels Coming Into Favor—How to Take the "Sting" Out of New Shoes—Care of Feet Very Important—Shoes Should Fit Perfectly—Headaches and Eye-Strain, Spinal Difficulties and Disturbances of the Internal Organs, Result of Extreme Heels, Tight or Illfitting Footgear—Shoes Too Large as Bad as Shoes Too Small—Tortured Feet Bring Wrinkles to Face, Ruin One's Walk and Throw Body Out of Poise—Recipes.

FALL SHOES AND CARE OF FEET.

(Copyrighted, Lillian Russell.)
I received a letter recently from a woman who, possessed of a method of taking the "sting" out of new shoes, was anxious that this knowledge be given all the publicity possible.

My correspondent referred to the painful burning sensation experienced with the wearing of new shoes. The actual agony of "stinging" new shoes is so wearing in its effect upon the whole body that everyone should be in possession of a method of rendering shoes incapable of becoming instruments of torture.

The method is one which I have long employed myself, and always found of great value. It is simply to pour a little household ammonia into a saucer, moisten a cloth with it, then sponge out the interior of the shoe.

In the dyeing of leather many chemicals are used, and some of them are injurious to the skin. If these chemicals are not thoroughly removed from the leather before it is made into a shoe the wearer of the shoe will suffer pain. The ammonia removes the poisonous dyes and cleanses the leather, so that when the shoes are worn for the first time there will be no burning or stinging of the feet.

It is very important that every precaution should be taken against torture of the feet. If the feet are in pain the effect is quickly apparent upon the entire body.

The face more readily reflects pain of the feet than pain elsewhere. Then, too, the general poise of the body is interfered with.

It is a fact that many cases of chronic illness had their actual beginning in aching feet, which, changing the poise of the body, oppressed various functioning organs, slightly at first, but rendering them subject to lasting ailment.

Let a person wearing tight shoes, or suffering from aching feet, no matter what the cause, enter a room filled with cheerful, happy people, and his presence is like a single cloud in a clear sky.

Aching feet can by constant effort and the exercise of the simplest of precautions, be avoided; the wonder of it is that so many people will continue to suffer when the avoidance is such a simple matter.

Sorry to See High Heels Again.
I am sorry, indeed, to see high heels coming into favor again with women. Women adopt this abnormal footwear with the idea that they improve the general appearance of the foot from an aesthetic point of view. It is true they shorten the appearance

of the foot by an inch or so and that the arch is heightened considerably. But a short, stump foot is never as attractive as a foot dressed in a shoe that gives a slender appearance.

Many women wear these high heeled shoes with a view to increasing their height. But what attraction they might add with an additional two or three inches is easily lost in the general bodily discomfort that the face of the wearer of high heels reflects.

One of the first of the bodily discomforts that result from the wearing of high heels is that the wearer tires easily, is irritable, and symptoms of nervous breakdown arise. The bones of the feet are forced into an unnatural relation to each other. But the abnormal position of the bones is a matter of comparatively minor importance.

The serious effect is that, the heels being raised and the toes remaining so near the ground, the upper part of the body is thrown forward so that the equilibrium may be maintained. In this position it is impossible to keep the shoulders thrown back. They fall forward and the chest sinks in. Full or normal breathing is impossible, and as a result there are areas in the apex of each lung that remain unused. And the apex of each lung has long been recognized as the most frequent starting point of pulmonary tuberculosis, because the bacillus grows best where fresh air does not come in contact with it. And with lessened lung capacity every organ of the body suffers.

Shoes Should Fit Perfectly.
The high heels force the joints out of position and thrust the big toe joint so much out of position that one wearing these heels habitually can scarcely fall to have a bunion. The whole equilibrium of the body is changed. It is not, therefore, surprising that headaches and eye strains should follow the adoption of such footwear or that spinal difficulties and disturbances of the internal organs should result.

The shoes should fit the feet perfectly. If you cannot buy a satisfactory ready made shoe you would far better do without something else and have your shoes made to order. The shoes should be three-fourths of an inch longer than the foot, for the foot works forward in walking. Short shoes force the toes back and finally the joints become distorted and bulge out on the sides and above. Thus corns, bunions and other disorders are developed.

Shoes that are too large are as bad as shoes that are too small. An intelligent shoe salesman along with patience and common sense of the purchaser will solve the question.

Beauty of face and form are more distorted by tight shoes than by sorrow and calamity. Perfect, healthful circulation of the blood includes the toes, as well as any other part of the anatomy, and a correctly poised body means ease and grace.

The heels should be moderately low and broad. The natural arch of the foot should never be exaggerated, for with an exaggerated arch the muscles become strained, giving much pain.

If you are on your feet much of the time or do much walking, shoes with broad soles are much the best, as they afford a support for the ankles, which become swollen when low shoes are worn.

An imperfection often seen in a shoe is that the inside line, which should be straight, curves outward, thus turning the big toe towards the others and throwing the big toe joint into prominence, so that a bunion is likely to be formed.

There is nothing that will bring wrinkles to the face more quickly than ill fitting shoes. Tight shoes are neither attractive nor healthful. They simply spell out corns and bunions.

One can ruin one's walk by trying to walk in shoes that are too tight. The whole body is thrown out of poise.

USE FOR SOUR CREAM.
"During warm weather, when cream turns sour quickly, you will find a good way to put it to use. The following mayonnaise dressing will keep in the icebox until used. It is simple and quickly prepared in a double boiler."

"One cup vinegar, one cup sour cream, three eggs, one teaspoon ground mustard, two teaspoons sugar, salt, pepper, and paprika to taste. Mix all ingredients together and boil, stirring constantly until smooth. Just before removing from the fire add a lump of butter the size of a walnut."

"Recipe for walnut torte: Six eggs, quarter pound shelled walnuts, six lady fingers, two tablespoons flour, one teaspoon baking powder, one coffee cup sugar, juice and rind of half lemon. Beat yolks of eggs, add sugar gradually. Mix baking powder and flour, grind lady fingers and nuts and put in stiffly beaten whites of eggs last. Bake in moderate oven forty-five to fifty minutes; spread with plain white icing or serve with whipped cream."

BURNED TO DEATH IN HOTEL FIRE

Chicago, Sept. 3.—Thomas Yates, 50 years old, a cook, was burned to death and forty-eight firemen and one spectator were overcome by smoke or injured in a fire which destroyed the Central hotel at 440 South State street and an adjoining building. The fire started shortly after 11 o'clock Tuesday morning, eighteenth hours, before the fire department succeeded in extinguishing the flames. The body of Yates was not found until today.

CALL OF CARNIVAL

Chicago, Sept. 3.—Discovery that two women promoters were to receive one-fourth the proceeds of an autumn flower carnival for charity, planned for Friday by the Order of the Eastern Star, aroused sundry hostile protests by Masons that today the event was indefinitely postponed. The Masons also objected to their wives and daughters selling flowers on the street, fearing that they would be insulted by some pedestrians as has been the case in previous sales of this nature.

SEIZE GRAPE JUICE

Washington, Sept. 3.—An attempt to tamper with the purity of Secretary Bryan's official tupples, the grape juice highball, came to light today when vigilant inspectors for the department of agriculture seized a keg of what they declared to be spurious juice when it crossed the line into the District of Columbia. The keg was shipped by a California firm. The firm and its agents here will be brought to trial.

GOD'S EYE OF PITY AND MIGHTY ARM

Great Superstructure of Blessing a Little Way Ahead.

God Only Can Roll Away the Curse of Death and Redem Man—Earthly Pity is Ineffective—The Human Arm of Power Cannot Restore Adam and His Race—God Alone is Able to Meet the Conditions and Rescue the Perishing—The Divine Plan is Outlined in the Bible—Only the Foundations of It Are Yet Fixed.



PASTOR RUSSELL

London, August 31.—Pastor Russell, of the London Tabernacle, had for his text today the words, "The people which shall be created shall praise the Lord; for He hath looked down from the height of His Sanctuary; from Heaven did the Lord behold the earth, to hear the groaning of the prisoners, to loose those that are appointed to death."—Psalm 102:18-20.

The Pastor opened his address with the declaration that the Bible reveals the only God of love and pity. The heathen gods are vengeful, tyrannical, merciless. The picture of God in our creeds, formulated in the Dark Ages, misrepresents Him even more than do the heathen idols. To rid himself of the misconceptions of the Almighty, furnished by our creeds, and to appreciate the God of the Bible, should be the endeavor of every person.

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Human Wretchedness in God's Sight.
Pastor Russell then described human conditions as they must appear from the Heavenly viewpoint. The sight is terrible—enough to make angels weep. Some are demoted to the extent of wallowing in the mire of sin; some so depraved that they love wrong and hate right; others so weak that they cannot do as they would, many in prisons; hundreds of thousands in hospitals; and hundreds of thousands in insane asylums; thousands of millions gone down into the tomb; with a few in comparative health, rushing headlong seeking happiness, or fighting and cheating to amass fortunes, which, dying, they must leave. As God looks down, the earth must look like a vast hospital, cemetery, mad-house.

The Almighty foreknew man's wretched course and its penalty of sin and death, and from the beginning planned to rescue man. That rescue is not from a fiery hell of everlasting torture, but from the terrible condition of sin and death in which we find ourselves.

Freeing Death-Appointed Prisoners.
Adam's entire race, shackled with sin and under sentence of death, have for six thousand years been marching to the great prison-house of the tomb. They are now entering the prison house at the rate of ninety thousand every twenty-four hours. God has sympathized with them and has provided a redemption.

The Pastor then demonstrated that as one man's sin brought death upon humanity, so Divine Wisdom has arranged that a Savior should give Himself a Ransom for Adam and his race. This has already been accomplished in Christ's death. But this is only the beginning. The thousands of millions of Adam's children must actually be set free from sin and death conditions. But life must be restored ere they can profit by the Redeemer's sacrifice.

The New Creation.
Pastor Russell declared that God's benevolent design for the re-creation of humanity began its work at Pentecost. In His acceptance of the Church and the begetting of its members by the Holy Spirit. This work will continue until the entire number of the fore-ordained New Creation are exalted by the power of the First Resurrection.

These will be the first fruits to God of His creatures. The after-fruit will be much more numerous, though less choice in quality. Again, the Church now being selected is "the Church of the First-born, written in Heaven." The inference is plain that there will be after-borns.

In the Regeneration Times.
Then the Pastor showed conclusively from Scripture that the reign of Christ's saints is the long-promised Millennium, or thousand years of righteousness, during which Satan will be bound. St. Peter shows that then will be the time of human Restoration to the original perfection, lost by Adam's disobedience, redeemed by Jesus' obedience. All the willing and obedient will be raised out of sin and death—re-created in God's image. This is the resurrection of the unjust, mentioned by St. Paul.

The rest of the dead—aside from the Church, constituting the First Resurrection—will not fully live again until the thousand years of the Messianic Kingdom are finished. St. Paul declares that the groaning creation shall be delivered from the bondage of corruption—slavery to death.

TO RESUME HEARINGS

Washington, Sept. 2.—After several weeks' delay the senate special committee selected to investigate strike conditions in the Cabin Creek and Paint Creek coal districts of West Virginia will resume its hearings today in this city. Mine owners will be given an opportunity to present their side of the controversy.

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LATEST BOOK IN PICTURE AND PROSE

As previously announced The Standard is presenting to its readers "Panama and the Canal in Picture and Prose." This latest book was written by Willis J. Abbot, the well-known writer on international subjects, and is the acknowledged reference work of the great waterway. It is a beautiful large book, fully double the dimensions of the usual size novel, printed from new type, bound in tropical red vellum cloth, with the title stamped in gold and inlaid with a beautiful color panel showing the famous Culebra cut. It contains more than 600 splendid illustrations, which include magnificent water color studies reproduced in full pages in all their natural beautiful colorings.

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LEGAL

UNION PACIFIC RAILROAD COMPANY

ANNUAL MEETING
185 Broadway,
New York, N. Y., Aug. 27, 1913.

NOTICE OF MEETING OF BOARD OF EQUALIZATION AND REVIEW.

A. G. Fell, T. Samuel Browning and Joseph C. Nye, Commissioners of Ogden City, Utah, sitting as a Board of Equalization and Review of the special and local taxes to be levied and assessed by ordinance upon property abutting on both sides of 7th Street from Washington to Madison Avenue, known as Siderwalk District No. 119, hereby give notice that list of property in said district to be taxed has been completed, and they will meet at the Mayor's office, at the City Hall, Ogden, Utah, from 9 o'clock a. m. to 5 o'clock p. m., for five consecutive days, commencing September 2, 1913, to and including September 6, 1913, and will remain in session on each of these days during said hours for the purpose of hearing any person feeling aggrieved, and to make correction of any tax deemed unequal or unjust, and during the sitting of said Board said lists of property and the taxes proposed shall then and there be open to public inspection.

TO EMBARRASS DEPOSED KING

London, Sept. 2.—Republican extremists in Portugal are plotting to embarrass the deposed King Manuel by seizing the present which he is having made by Lisbon Princess Auguste, Victoria of Hohenzollern, who will become his bride tomorrow, according to the Lisbon correspondent of the Daily Mail. It is expected that Manuel had proposed to have all the wedding presents engraved "Manuel, king of Portugal," an act which has aroused resentment among the Republicans. The deposed king's present to his bride is a diamond platinum stud with two thousand diamonds and emeralds. The royalists in Lisbon are having a number of presents made inscribed to their "king." According to the Daily Mail the Carbonarios, a republican secret society, have been on watch at places where the presents are being made and the jewels have requested the police to protect them, and to insure the removal of the presents in safety. It is said that steps were taken to send the gifts through one of the foreign legations, but the government objected.

BIG RIVERS HAVE THE SAME SOURCE

New York, Sept. 3.—Discovery that the Amazon and Orinoco rivers both have their origin near the same spot is claimed by Dr. Hamilton Rice, the noted English explorer, in his companion, Lieutenant P. R. Ritter von Bauer, of Vienna, who have just returned from an expedition into the South American jungles. For thirty months they searched for the sources of the two great rivers and traversed country through which they believe no human being had ever been.

TO MAKE TOMBSTONES

New York, Sept. 3.—The granite blocks, from which the Astor house was built in 1836, making what was the largest and finest hotel in the world, will be turned into tombstones. The public service commission, which is taking up part of the Astor house property in connection with the building of new subways, has awarded a contract for the wrecking of the structure to a bidder who offered to pay the city \$3,333 for the privilege if it could keep the material. The company proposes to turn

PROBATE AND GUARDIANSHIP NOTICES.

Consult County Clerk or the Responsive Signers for Further Information.

NOTICE TO CREDITORS.

In the District Court of the Second Judicial District of the State of Utah

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In the District Court of the Second Judicial District, within and for Weber County, State of Utah

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NOTICE OF INTENTION.

Notice is hereby given by the board of commissioners of Ogden City, Utah, of the intention of said board to make the following described improvements, to-wit:

To create both sides of Chester street from Washington avenue east to Jefferson avenue; also both sides of Capitol avenue from Harrison to Van Buren avenues as a sidewalk district, and to construct therein a concrete sidewalk five feet wide and four inches in thickness, with the necessary intersections together with the necessary grading therefor, and to defray the whole of the cost thereof, estimated at \$2,100.00, by a local assessment upon the lots or pieces of ground lying and being within the following district, being the district to be benefited or affected by said improvements, viz:

All the land lying between the outer boundary lines of said street and avenue, and a line drawn 50 feet outward from and parallel to the said outer boundary lines.

All protests and objections to the carrying out of such intention must be presented in writing to the city recorder on or before the 4th day of September, 1913, at 10 o'clock a. m., that being the time set by said board of commissioners when they will hear and consider such objections as may be made thereto, at the mayor's office, at the City Hall, Ogden City, Utah.

By order of the board of commissioners of Ogden City, Utah.
Dated this 12th day of August, 1913.
H. J. CRAVEN,
City Engineer.
First publication August 12, 1913.
Last publication September 3, 1913.

NOTICE TO CONTRACTORS.

Sealed proposals will be received at the office of the city engineer, in the City Hall, Ogden City, Utah, up to and including Thursday, September 4th, 1913, at 10 o'clock a. m., at which time said bids will be publicly opened and read aloud, for furnishing materials and doing the work of paving with either asphalt, Utah Rock Asphalt, Bitulitic or Dolmarway pavement with the necessary concrete foundation, together with all necessary excavating and grading therefor, of 25th street from the east side of Washington avenue to the east side of Harrison avenue.

To be hereafter known as paving district No. 108. All work to be done under plans and specifications prepared by the city engineer and approved by the board of commissioners.

Plans, specifications and full information can be had upon application to the city engineer after August 25th, 1913.

The right is reserved to reject any or all bids and to waive any defects.

By order of the board of commissioners.
H. J. CRAVEN,
City Engineer.
First publication August 12, 1913.
Last publication September 3, 1913.

NOTICE OF INTENTION.

Notice is hereby given by the board of commissioners of Ogden City, Utah, of the intention of said board to make the following described improvements, to-wit:

To create Lincoln avenue from the south side of 25th street to the north side of 26th street as a paving district, and to pave therein with concrete 7 inches thick, and to do all the necessary grading therefor, and to defray the whole of the cost thereof, estimated at \$16,015.50, by a local frontage assessment upon the lots or parts of lots fronting thereon to the full length of said district to be benefited and affected thereby.

All protests and objections to the carrying out of such intention must be presented in writing to the city recorder on or before the 8th day of September, 1913, at 10 o'clock a. m., that being the time set by said board of commissioners when they will hear and consider such objections as may be made thereto, at the mayor's office, at the City Hall, Ogden City, Utah.

By order of the board of commissioners of Ogden City, Utah.
Dated this 14th day of August, 1913.
H. J. CRAVEN,
City Engineer.
First publication August 14, 1913.
Last publication September 3, 1913.

NOTICE OF INTENTION.

Notice is hereby given by the Board of Commissioners of Ogden City, Utah, of the intention of said Board to make the following described improvements, to-wit:

To create Hudson avenue, north from 29th street as far as Hudson avenue is now opened through block 10, S. O. 2, as a sewer district, and to construct therein a pipe sewer together with the necessary manholes, and connect all with the manholes of the present sewer system, and to defray the whole of the cost thereof, estimated at \$700 by a local assessment upon the lots or pieces of ground lying and being within the following district, being the district to be benefited or affected by said improvements, viz:

All the land lying between the outer boundary lines of said avenue and a line drawn 132 feet outward from and parallel to the said outer boundary lines. Said district to be assessed for the cost of putting in the sewer between 28th and 29th streets, also for securing the right of way for said sewer, from the north end of said Hudson avenue to 28th street.

All protests and objections to the carrying out of such intention must be presented in writing to the City Recorder on or before the 18th day of September, 1913, at 10 o'clock a. m., that being the time set by said Board of Commissioners when they will hear and consider such objections as may be made thereto, at the mayor's office at the City Hall, Ogden City, Utah.

By order of the Board of Commissioners of Ogden City, Utah.
Dated this 26th day of August, 1913.
H. J. CRAVEN,
City Engineer.
First day of publication August 26, 1913.
Last day of publication September 17, 1913.



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