

Woman's Page

French Say American Women Waste Their Attics—Good Sized Attic Makes an Ideal Playroom for Children—Can Be Converted Into an Admirable Sewing-room or Den—Some Attics Are Excellent Places to "Force" Plants—Four Good Recipes Tried and Said to be Excellent.

ADVANTAGEOUS ATTICS.

A French friend who has been staying with me was very much surprised at the way in which our women folk "waste" their attics. She said—with a great deal of truth—that we infallibly associate attics with lumber and dust and general uselessness, whereas, as a matter of fact, they might very often be turned to real use and good advantage.

For example, a good sized attic makes an ideal playroom or day nursery for children. First, have the roof thoroughly overhauled and the walls washed with some damp-proof color mixture—the first two to utilize your attic.

If, by any chance, the room should be dark, it is worth while having a skylight fixed in the ceiling, but this rarely is necessary, since attics are frequently the sunniest and lightest rooms in the house. As for actual rooms let there be as little as possible in the playroom—the youngsters will appreciate it more and it means saving money.

An attic, too, can be converted into an admirable sewing room for the busy housewife who does not like her work to be always scattered about the house.

A plain table, an equally plain chair, a cupboard and a stove is all the "furnishing" that need be done—save, of course, for the customary sewing implements, cottons, needles, scissors, etc. The conversion of a "useless" attic into a very useful sewing room calls really for very little trouble, and when it is done there is no housewife who will not appreciate having a little place where she can sew in peace and quietness.

Grownup sons, daughters—or even a husband, for that matter—who desire a den of their own, will find an attic can be made into a very cozy, comfortable sort of place by the expenditure of a little cash and a good deal of elbow grease.

Energetic people who go in for home hobbies—pleasant or profitable or both—will also do well to cease bemoaning their lack of a place in which to work and recall to memory the existence of the attic.

Some attics are excellent places in which to "force" plants, while a very dry north facing attic can be shelved and turned into a storeroom for fruit and so forth that will delight the heart of the domesticated female.

But one might go on enumerating, almost endless uses to which can be put the too freely despised attic. The mistake is to look upon an attic as being of no earthly use except for storing lumber in, while those aggravatingly superior people who scoff at the suggestion of their being anything possibly advantageous in attics should recollect that in the opinions of many wise folks, the best rooms in the house are those that are nearest the sky. At any rate, let them give their attic a serious thought.

RECIPES.

Baked Custard.

Scald one quart of milk; stir in the yolks of five eggs beaten light with six tablespoons sugar, then the beaten whites; turn into custard cups or into a pudding dish and bake in a moderate oven until the custard is set. Don't let it cook too long.

Chicken a la King.

Lay two cups finely sliced chicken in French dressing for an hour. Cook together two tablespoons butter, one small green pepper sliced, and one cup fresh mushrooms peeled and sliced; add to this one-half teaspoon onion and two tablespoons flour. When boiling add one cup milk, salt to taste, a dash paprika, a pinch nutmeg, and the chicken. Bring to a boil and cook for five minutes and add the beaten yolks of two eggs and one-fourth cup butter. Add a few drops of lemon juice at the last.

Corn Bread and Biscuits.

Delicious corn bread: Two eggs well beaten, a pinch of salt, a tablespoon of sugar, one tablespoon of butter, one teaspoon of soda dissolved in a tablespoon of boiling water, one cup of sour milk, and add enough cornmeal and flour to make a thick batter. Allow one-third as much flour as cornmeal, using yellow cornmeal. Bake in a loaf for forty-five minutes. Baking powder biscuits: Two even teaspoons of flour, two teaspoons of baking powder, one tea-

spoon salt, two not too heaping tablespoons of lard. Stir all these together until the lard is thoroughly mixed; then add about a cup of milk or water, just enough to make a thick dry dough. Cut out with a biscuit cutter and bake twenty minutes in a hot oven.

Salmon Salad.

One can salmon, one cup chopped nuts, a little shredded cabbage, a little celery. Mix these all together, let stand in a cold place for an hour, pour over them a good dressing, and serve.

ELKS TO INITIATE NEVADA CLASS

In connection with the initiation of a large class from McGill, Nev., next Saturday and Sunday, the entertainment committee of Ogden lodge No. 719, B. P. O. Elks, has planned two days of entertainment for the visiting and the newly initiated members. The first class will be initiated Saturday evening and following the ceremonies there will be a reception with plenty of unusual features in the line of entertainment. The Orpheum orchestra has been engaged and some cabaret specialties will be introduced to accompany the refreshments. At 3 o'clock Sunday afternoon the balance of the class will be admitted to the pastures of Elksdom and in the evening there will be another reception, to which the wives and sweethearts of the Elks will be invited. Special arrangements will be made to entertain the women.

There are twenty-seven candidates to be initiated. Most of the proposed members are from McGill, Nev., but there are a number from Evanston, Wyo. A dispensation was recently granted to the Ogden lodge whereby McGill was placed under the jurisdiction of Ogden lodge's territory, for the reason that by railroad McGill is nearer to Ogden than to any Nevada lodge of the order.

MENDEL'S LAW IS THE SUBJECT OF LECTURE

The lecture of Prof. E. G. Titus drew another large crowd to the Ogden High School, Saturday evening. The speaker briefly reviewed Mendel's law and also explained the work of Nilsson-Ehle, the noted Swedish plant breeder. Nilsson-Ehle discovered that when a certain red wheat was crossed with a certain white wheat, that instead of the progeny coming out in the usual Mendelian ratio of three to one, it came in a ratio of 255 red to 1 white and that further breeding indicated that he had several kinds of red in the wheat with which he was experimenting. Concerning this, Prof. Titus said: "It is now thought by some workers that we have in this germ of characters an explanation of the different yields that apparently the same variety of grain gives us when placed under like conditions." He also illustrated some of the work that was being done by Dr. Castle of Harvard University, in transplanting ovaries of guinea pigs, so that an animal that would ordinarily have white offspring, would produce black offspring. This led to a discussion of heredity of sex, regarding which the lecturer, in part, said:

"Several hundred theories have been proposed, each late one supplanting an earlier one and each in its turn again supplanted by a new and useful idea. None of these had any scientific foundation, nor were any based on actual reason, facts or data. "In recent years a more careful study of the germ cells leads us to believe that it will always be impossible to either predict sex or in any way influence the foundation of sex."

In a number of animals and especially among insects there have been formed chromosomes in the nucleus that divide or fail to divide in a different manner from the ordinary chromosomes. In some the sperm has a single extra chromosome and the ova two extra bodies so when the cell is reduced for fertilization the ova each contain one 'x' chromosome and the sperms are one-half without the 'x' chromosomes. "When mating occurs a sperm without an 'x' body may meet an ova and the complete cell will then have but one 'x' body in the cell and will be a male. On the other hand if a sperm with an 'x' body meets an ova the resultant cell will have two 'x' chromosomes and will be a female."

HOW TO SAVE YOUR EYES

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Do your eyes give you trouble? Do you already wear eyeglasses or spectacles? Thousands of people wear these "windows" who might easily dispense with them. You may be one of these and it is your duty to save your eyes before it is too late. The eyes are neglected more than any other organ of the entire body. After you finish your day's work you sit down and rest your muscles, but how about your eyes? Do you rest them? You know you do not. You read or do something else that keeps your eyes busy; you work your eyes until you go to bed. That is why so many have strained eyes and finally other eye troubles that threaten partial or total blindness. Eyeglasses are merely crutches; they never cure. This free prescription which has benefited the eyes of so many may work equal wonders for you. Use it a short time. Would you like your eye troubles to disappear as if by magic? Try this prescription: Go to the nearest wide-awake drug store and get a bottle of Optona tablets; fill a two-ounce bottle with warm water, drop in one tablet and allow it to thoroughly dissolve. With the liquid bathe the eyes two to four times daily. Just note how quickly your eyes clear up and how soon the inflammation will disappear. Don't be afraid to use it; it is absolutely harmless. Many who are now blind might have saved their eyes had they started to care for them in time. This is a simple treatment, but marvelously effective in multitudes of cases. Now that you have been warned, don't delay a day, but do what you can to save your eyes and you are likely to thank us as long as you live for publishing this prescription—Advertisement.



LINES OF GRACE.

To be really successful the evening gown should seem unpremeditated. In the best of them the materials appear to be assembled by the breezes. The gown sketched has a lightly beaded tunic of gold net, edged with brown fur and girdled with gold gauze. The underwaist is of white chiffon and the draped skirt of coral satin.

BIG SOCIAL EVENT FOR LEAGUE BALL

Supporters of the Ogden baseball club are making plans for a big social event to provide a fund with which the club can start the new season. It is most likely that the affair will be a grand ball, which the officers of the club will be requested by the "fans" behind the movement to act as a reception committee.

The following statement regarding the correspondence that has been received from players and also pertaining to the coming social event, was made by Secretary Angus Kennedy: "If you'd see the bunch of applications that we have for positions on the team, you'd realize that baseball is not dead, even in winter months. It's a mighty live article, especially to the players. Why, they've written to me from nearly every state in the union. Of course, it takes time to look up records and see if the men are really wanted here. We are simply sorting material and keeping our eyes on the good men."

TO EXHIBIT POULTRY.

Provo, Utah, Jan. 11.—The Utah County Poultry association's annual exhibit will open January 19 in the new Bee building on Center street.



McIntyre and Heath in John Cort's Massive Revival of their Great Musical Success "THE HAM TREE" ORPHEUM, MONDAY, JAN. 19.

PLAIN CITY FARMERS TO RAISE BEETS THIS YEAR

Secretary Fred Taylor of the Amalgamated Sugar company reports that contracts for sugar beets for 1914 are being signed up in about the same manner as last year and that he expects the acreage for this year to be as great or greater than in 1913.

For a time, Plain City growers were about to conclude to plant to other crops because of the freight rate from the farms to the railroad at Harrisville over the Ogden Rapid Transit company, but when the Transit company reduced the rate from \$15 to \$10 a car, the farmers stated that they would raise beets.

A WONDER BOOK OF 1914

The World Almanac, Newly Complete, Hails the New Year.

That wonder Book which is The World Almanac and Encyclopedia has made its annual appearance. It is complete from the new tariff the income tax and the Currency bill to the final baseball score, and from the parcel post to the state of the woman-suffrage movement.

In all the world, we are compelled to say, there is no other Almanac like The World! The standing features of the book are fully present, as usual—the election returns, the population tables, the statistics of cities, of crops, of colleges, of industries, of churches, of everything that exists and grows. There are the expected pages of sporting records and the facts of a year in art, literature and the drama. There are lists of trusts and of millionaires and the condensed family trees of distinguished Americans. There are the Constitution and the Declaration of Independence and the platforms of political parties. There are a year's chronology and a year's necrology, besides the time tables of great events in years past. And there are other things which it would take an almanac of ordinary size—The World

New Piano Store

Mr. Pantone, for years one of Ogden's most popular musicians and music dealers, has opened a new store in connection with his home at 2874 Hudson Avenue at corner of Twenty-ninth street, where such well known makes of Pianos and Players as Briggs, Bjur Bros., Merrill Gordon & Sons, Schillers and several others, can be seen. As a starter, Mr. Pantone will place on sale a beautiful high grade, slightly used Player Piano complete for \$375.00 Cash, which is below wholesale price. All old and new customers and patrons are cordially invited.

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A PURE HEART IS A PURE FOUNTAIN

Suggestions as to How to Start a New Year Right.

Pure Thoughts—Two Ways of Fighting Vice, Sin—We Must Copy God's Methods—Impurity Is Devouring Our Race—Its Ramifications—In Business, In Religion, In Society, In Politics, In the Home, Everywhere—The Fight Against Impurity—Its Progress—Its Soldiers—Its Efforts and Results, Present and Future.



Pastor Russell of the City Temple Congregation, took for his text today St. Paul's words: "Whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any of this virtue, and if there be any praise, think on these things."

The Pastor began by calling attention to the will. Then he showed that the heart represents the real man, whom we are not always able to recognize properly. He quoted Scripture to prove that God looks upon the heart rather than upon the outward appearance, and declared that all who desire to be pleasing to God should carefully scrutinize their own hearts. As a man thinks in his heart, the Pastor claimed, so will he gradually come to do.

The man who does not think has not properly begun to live, continued the Pastor. The man with wrong thoughts has before his mind wrong ideals, and is still worse off. All must admit, he declared, the truth of the Apostle's proposition that we must think upon good, honorable, just, pure, lovely things, if we would have our lives just, noble, pure, lovely and lovable.

The Pastor did not choose this subject because his congregation is devoid of good ideals, but because we are all apt to let slip some of those noble ideals set before us in the Scriptures. The opening of the new year he considers to be a very favorable time for resetting our heart affections upon things noble, just, pure, lovely, and for exercising all the will power and resolution we can command. Thus we make character.

Then he reminded his congregation that we are all preaching both by word and by action; and that others are influenced more by our actions than by our words. As God's people, we are all to show forth His praises as we have opportunity. Our ordination is of God through the Holy Spirit—the highest, the only authority.

The World's Purity Congress.

Last November Pastor Russell was appointed delegate to the World's Purity Congress, which met in Minneapolis, November 7th to 12th. There he met a band of noble men and women who are laying down their lives in the fight against sin. Some labored as Christ's followers; others, from merely a humanitarian standpoint.

The Pastor then gave a resume of the work of the Purity Congress. The delegates discussed, not merely the evil, but rather the good and what must be accomplished that good may prevail. He was pleased with their spirit of moderation, and noted also their appreciation of what he has sought for years to set forth; namely, that apparently much of the sin and vice in the world results from ignorance and superstition, although all must agree that there are people whose vicious conduct can scarcely be characterized as other than wicked, sensual, devilish.

The congress devoted much time to discussing the welfare of children, the Pastor declared. It was demonstrated that among the very poor ideals of chastity are practically unknown. These children possess knowledge of sex matters beyond their years; and mingling with others in the schools, they suggest immoral practices to those whose parents have sought carefully to maintain their purity.

The parental duty of giving children proper conceptions of the sanctity of their bodies was next discussed. This information should be given before the child enters school; for first lessons in vice are sometimes given even in the kindergarten, notwithstanding the teacher's watchful eye. The child should be assured that the parent will give further instruction later on, and should have such confidence in the parent's truthfulness that it would wait for that further information which every child's mind seeks regarding itself and its origin.

The Pastor declared that many parents do not know how to broach the subject of sex hygiene to their children. Are we to see young boys start bad habits which will injure their own health and that of their posterity? he asked. Yet great care should be exercised lest evil be encouraged, instead of guarded against.

From thirteen to fifteen seems to be the age when clear knowledge is quite necessary to save the child from the evil which has overtaken many. The parents, the Pastor claims, are the God-given instructors and protectors of their families. Nothing can excuse them from this duty. Whether church work, slum work or even Bible study.

The Pastor Russell's letters for six weeks past have gone astray, and have just arrived. They will now be published daily until all the missing letters have appeared.

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