

Dorothy Dix Talks

PROPER MANNERS, GOOD DISPOSITIONS, THE ABILITY TO ACCEPT MISFORTUNES OR HARD KNOCKS AND TO BE CONSISTENT ARE THE BEST THINGS A CHILD CAN LEARN

A MOTHER writes: "I have three small children. What shall I teach them?" Well, after you have taught them to fear God, keep the Commandments and wash behind their ears, the next important thing to teach them is good manners, which are "open sesame" to all the doors in life through which they will want to pass. Good manners will carry one farther than looks or money or talent. They are a letter of credit that the world honors at sight. They form our first impression of every individual we meet and attract or repulse us. By a stranger's manner of breeding, birth, background, social status, education, character, disposition and the kind of mother he or she has.

Of course, sometimes we are wrong. Manners are not invariably an index to the soul. There are rough diamonds who possess all the major and minor virtues, but a hurrying world hasn't the time to polish them up, so they get passed by, and unless they have the most phenomenal brilliance, their worth is never recognized.

So begin in the cradle teaching your children good manners. Teach them how to eat, how to enter a room, how to speak, what to say and how to say it, how to pull out a lady's chair, how to help an old woman get in and out of a car. It is trouble to make Johnny use the right fork when he wants to pig it. You have to tell Sam a million times not to speak with his mouth full, not to wear his hat in the house; not to neglect and prevent upon precept and being everlastingly on the job to teach children good manners.

The famous psychologist, Dr. Link, estimates it required five years' hard work to teach children good manners, but in the end great is the mother's reward. She has given her children the greatest charm they can possibly possess and she has laid the foundation of their fortunes. The sales appeal that enables a man to put himself over is nothing but good manners. The lack of good manners is what keeps many a man with ability from ever succeeding. I myself have personally known two men on who lost coveted posts for which they were admirably fitted because they garded their soap.

Next, teach your children how to get along with other people. On our ability to smooth the fur of our fellow creatures the right way and make ourselves persons grat to them depends our success and our happiness in life. Popularity isn't the reward of vanity. It is what makes us or breaks us. People will do things for us because they like us that they wouldn't do for us because it was our right to save our lives. And, if they dislike us, they will pull us down every time we get a foothold on the ladder of success.

Most mothers are by way of thinking that if a child has a cantankerous disposition there is nothing that can be done about it. It is just too bad that Johnny always quarrels with the other children and every game he is in breaks up in a row. And mother sighs instead of getting busy and making Johnny play fair and give and take, and not assume the right to run the whole show.

I have known any number of competent men and women who could never hold a good job because they could not get along with the other employees. I have known many professional people whose careers were wrecked because they were always saying or doing something to offend their best clients. And we all know that at the bottom of every unhappy marriage is the wife or husband who has never learned the art of getting along with people.

Then teach your children how to take it. Life isn't easy for any of us. Every job is hard and discouraging, but those who have the courage to stand up and fight and who come up smiling after every rebuff of fortune always win out in the end. It is the whippers and the complainers and those who throw up their hands and quit when the sledding gets difficult who are failures.

Teach them to finish what they start. Make the baby finish its bottle. Make the toddler complete his block house. Teach your children a pride in doing good work and never laying down on their jobs. You can't down the man and woman who have patience and grit enough to stick to the thing they have undertaken. The failures are those who flit from one thing to another and do nothing well.

Teach your children these things and you will have fitted them for life. DOROTHY DIX. (Copyright, 1936)

Your Health

By Dr. Morris Fishbein

TOBACCO FOUND TO AFFECT CIRCULATION, REGARDLESS OF PERSON'S RACE OR SEX

By DR. MORRIS FISHBEIN, Editor, Journal of the American Medical Association, and of Hygeia, the Health Magazine

For years doctors have contended that tobacco smoking is harmful to persons who have a condition of the blood vessels scientifically called thromboangiitis obliterans and more commonly known as Buerger's disease. For long it had been thought that this condition occurred only in men, particularly those of the Jewish race.

It occurred, therefore, to a number of investigators in the University of Michigan to study the effects of tobacco on the circulation of the blood, particularly in relationship to sex, and race, and to sensitivity of the skin to tobacco.

They found that cigaret smoking produced a decrease in temperature of the skin on the fingers and toes, and increased the rate of pulse and blood pressure in women, as well as in men.

Moreover, the responses were of about the same degree.

The studies showed no reason why this disease of the blood vessels should affect men more than women.

If smoking is the cause of this disease, it would be expected that it would appear more frequently in women in the future, because there is no question that many more women are smoking now than did in the past.

U. S. consumption of cigarets has risen from 10,000,000,000 in 1915 to almost 140,000,000,000 in 1936.

When studies were made of Jewish smokers, in contrast to others it was found that the average decrease in temperature of the skin on fingers and toes, and the average increase in blood pressure and

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in pulse rates, were greater generally in Jewish men than in those of other races.

The differences were more decided in connection with temperature of the skin.

In an endeavor to explain this result, the authors point out that they found Jewish smokers in general smoking more rapidly and more deeply, and inhaling much more than other smokers.

On the other hand, sensitivity to tobacco, as demonstrated by tests of the skin, was found twice as often in those who were not Jewish as in those who were.

In women who were tested, each smoking two cigarets, it was found that there was a decrease in temperature of the skin of fingers and toes and an increase in blood pressure and pulse rate, similar to those observed in men.

The mere fact that tobacco can cause this type of reaction should be definite indication that excessive indulgence in tobacco is harmful.

There still are many facts relating to cause and method of treatment of Buerger's disease that doctors do not yet fully understand. It should be apparent, however, that quite definitely there is a relationship between the ailment and tobacco smoking, and any one who has this condition, or who seems to have a predilection toward it, should certainly take into account the effects of tobacco in planning the hygiene of his daily life.

Smoot Family Plans Reunion

A Smoot family reunion will be held at the Lorin Farr park, starting at eleven o'clock, on Saturday, August 22.

All descendants of Edwin W. and Lea Oakley Smoot are requested to attend and bring luncheon. There will be a program of sports and social events, talks and reminiscing.

WAKE UP YOUR LIVER BILE—

Without Calomel—And You'll Jump Out of Bed in the Morning Ready to Go
The liver should pour out two pounds of liquid bile into your bowels daily. If this bile is not flowing freely, your food doesn't digest. It just decays in the bowels. Gas blocks up your stomach. You get constipated. Your whole system is poisoned and you feel sour, sunk and the world looks black.
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New Baby Absorbs Dionnes



This new picture from the Dionne farm at Callander, Ont., shows Mr. and Mrs. Orlva Dionne affectionately regarding their new son, Joseph. The tiny brother of the famous quintuplets was five weeks old. (Associated Press photo.)

Case Records of a Psychologist

By DR. GEORGE W. CRANE—NORTHWESTERN UNIVERSITY

Introverts are more likely to be jealous than are extroverts. Short men are more prone to it than tall men. The jealous man or woman suffers from an inferiority complex of some sort.

CASE D-180: Marva M., aged 26, is a very attractive young wife of a dentist.

"My husband and I have been married for three years," she began, "and would have been very happy except for his insane jealousy of me. Why, he will not let me go shopping without making a scene about it."

"Last week I went out to the hair dresser's for an hour or two. While I was gone he called our apartment, and the maid told him I was out."

"At dinner that evening he asked me what I had done during the day, and I said I had spent my time sewing. Then he accused me of running around with other men, and said he knew I wasn't telling the truth for he had called and I was out."

"Well, I had been out for the hour or two at the hair dresser's and had forgotten to mention the fact. I then told him where I had been but he wouldn't believe me."

"Dr. Crane, why will people be so unreasonably jealous? I have never given him any cause for jealousy, but still he accuses me."

DIAGNOSIS: A jealous person should really be pitied somewhat, for he or she is usually a victim of an inferiority complex and is afraid. The jealous person is often one who has had an inhibited childhood. One who was shy or timid, bashful in crowds, and not self-reliant.

On the other hand, children who develop many social talents, who can play tennis, swim, or skate or dance or do other social acts with average ability, are not so likely to be jealous.

If a person has a blemish or is crippled in any way, or feels below par for social or physical reasons, that individual is prone to show jealousy. A short man is more likely to be jealous than a tall man, and a divorced person is also a more ready victim of the green-eyed monster.

WHY PEOPLE ARE JEALOUS People are jealous because they are afraid of themselves. Because they think they aren't as dominating or attractive or charming or talented as other people. They fear their own mates, so they are constantly on the lookout for signs to prove the suspicions that always hide in the background of their thinking.

They have a chip on their shoulder, and they are ever alert to see if there are even the slightest evidences that the chip may be knocked off. Marva's husband was true to type. He had been married and divorced once before.

In short, he had a marital inferiority complex. Because of his inferiority of his ability to hold a woman's love. So when he married the charming and very attractive Marva, he tortured himself with imagining the many rivals who would be trying to win her

away, as his former wife had been stolen from him.

JEALOUSY BEGINS IN CHILDHOOD

Jealousy really indicates a personality deficiency that frequently dates back to childhood. It shows the lack of a well rounded personality or of physical inferiority. To correct jealousy, therefore, parents should build up wholesome, assured personalities in their children.

It is a difficult task to correct jealousy in an adult. By complimenting her husband's broad shoulders and his masculinity, Marva was able to lessen his attacks of jealousy, but she has not completely eradicated it. Be sure to bolster up the ego of the jealous person, and do it every day.

Dr. Crane will give personal attention to questions on psychological problems. Write him, in care of this newspaper, enclosing a 3-cent stamped, addressed envelope for reply.

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The GLAMOROUS ADVENTURE

by Jean Seivwright © 1936 NEA Service, Inc.

BEGIN HERE TODAY GAIL EVERETT, winner of a prize costume design offered by a large silk manufacturing company, comes to New York to find work. She is hired—due to a stroke of luck—by MADAME LIZETTE, proprietor of an exclusive shop. Madame proves temperamental and difficult to work for.

DEREK HARGREAVES, young artist, is interested in Gail, and offers her friendly advice. Frequently Gail sees DICK SEARLES, whose sister was her roommate at school. She also becomes acquainted with NATALIE PRESTON who, under a mask of friendliness, makes shrewd plans to advance her own interests.

NOW GO ON WITH THE STORY CHAPTER VIII Pat Murphy, the porter, glanced at the time clock and then at Gail. "Good morning, Miss," he said. "Sure, everyone's early this morning."

"Good morning, Pat. It looks like another fine day." "Maybe that's why everyone's so early. It's the Madame herself that came in half an hour ago, and God forgive me, but there's fire in her eyes." The porter winked expressively.

"Then I must fly!" "Sure, 'tis well to make your feet your friends, Miss, this morning."

There was no laughter in the cloakroom when Gail pushed the door open. Whispered speculation over the reason for Madame's early appearance and sullen brows greeted Gail's entrance, while shoes were kicked off, faces beautified and coats hung on hangers.

"Why's everybody so upset this morning?" Gail asked Clytie. "Oh, Madame's in a furious temper, and no one knows yet who'll get the benefit of it."

Gail looked at Clytie—amber eyes wide with amazement. The mannequin shrugged her shoulders. "Don't look so scared. She won't eat you."

"No," piped up Ariadne, "but she may make you feel less than the dust if she wants to . . . and it won't be just a private affair. She'll choose a moment when she's sure of an audience. Oh, well, life would be rather dull here without a blast from Madame once in a while. I wonder what's set her off this time."

"I saw her with a telegram. Maybe it was from Rex." "Oh, is he still in Arizona?" "I guess so," answered Clytie. "I don't see why she should worry about him—sitting pretty as comfortably as she is on the job for the Travers Mining and Developing company."

"Say, he must have a good thing. Does he ever come here?" questioned Ariadne, who had only recently come to the shop.

"Once in a blue moon; but don't think it will make any difference to you. Madame's the one who chooses his girl friends!"

Picking up her handbag, Gail left the room. If Madame was on the warpath and her ill temper directed at Gail herself the girl wanted to know it and have it done with. But as she walked along the dimly-lit passage everything was peaceful. Perhaps, after all, the girls were wrong. Maybe Madame—but her thoughts ended swiftly as the other door of the designing room opened and her employer appeared on the threshold.

"Good morning," said Gail quietly. Madame Lizette ignored the greeting, as she flounced into the room. "Miss Travers is coming in this forenoon with her daughter," she said, "and I want you to get a frock ready for her immediately. Have Ariadne come here at once. This is the material." She pointed to a bolt of sheer, silky organdie in a delectable shade of blue.

"Yes, Madame," answered Gail, questioning whether she should stay in the room or race back along the passage and call Ariadne, for there was no telephone in the dressing room.

"This is the style she wants," Madame said and Gail felt her spirits rise as she recognized one of the sketches on which she had worked the day before. "When you have it draped on the mannequin, let me know. Mrs. Travers had one or two suggestions that will make it still more effective."

"Very well, Madame," Gail answered, a prayer of thankfulness rising in her heart as she watched her go.

Toinette and Selma entered the room a moment later. "Oh, Toinette," Gail said. "I wonder if you would find Ariadne and ask her to come here at once. She was in the dressing room a few moments ago. I think you'll find her there still."

"All right, Miss Everett." The wiry little Frenchwoman hurriedly departed.

"You're going to drape that on her?" questioned Selma. "Yes, Madame has a customer coming this forenoon, so we'll have to hustle."

"Well, we haven't much else to do today," remarked Selma, glancing around the room. She crossed to a rack and quickly checked over some partly finished garments that were hanging there.

"That's good, for I understand this dress is for one of Madame's special customers." "Oh, Miss Everett, they're all special customers according to the Madame! She likes to make us think they're important. As if it would make any difference in the work we put on the dresses. That cuts no ice with me any more. I've heard it too often."

"You've been here quite a long time then?" asked Gail. "Long enough to see a few designers come and go."

"Then you must like it here." Selma shrugged her heavy shoulders. "It's better than being in a wholesale house . . . not so many people. Maybe it's worse, too, for Madame can make —"

"Can I help you, Miss Everett?" Already Gail was unpinning the frock at the shoulder and one side so that she could remove it from the model.

"Thank you, Toinette! I think we've got them all out." Together they slipped the fragile creation over Ariadne's head.

"Gee, I'm glad to sit down!" exclaimed the mannequin as she pulled on her smock, and kicked off her shoes. "How my feet ache! Gosh, I hate the thought of summer."

"Why don't you wear shoes that fit you?" asked Frank. "Don't you know lower heels are in style now?"

"Hush up, will you, and attend to your pressing! Who asked for your opinion anyway?" Ariadne languidly drew a pack of cigarets from her pocket.

Frank curled his glossy mustache, and smiled at the girl. Then he shook his head. "Such girls! They were hopeless!"

At last it was Lita came hurrying into the room. "Is that organdie dress ready?" she asked. "Miss Travers is in the showroom and Madame wants it at once. Quick, where is it?"

"Hold your horses, Lita," replied Frank, removing the dress from the pressing machine and slipping it on a hanger, while Toinette with quick, eager hands, straightened the flounces.

"Now you may take it," said Gail, snipping a tacking thread from the front.

Noon came and the others hurried from the room. Gail straightened her desk and, picking up her gloves and handbag, started across the room. Suddenly the door opened and Lita called, "You're to go into the showroom at once, Miss Everett!"

(To Be Continued.)

A Golden Gilt Color Rinse brings out hidden highlights in every shade of hair. At all cosmetic counters.—Adv.

EMER HARRIS REUNION SE

Descendants of Emer Harr Martin Harris and Naomi Kell will meet in annual reunion Lorin Farr park, Saturday, Aug. 22, under direction of the Web county family branch.

A full day's program, starting 11 a. m., has been prepared. Events include literary and musical programs and sports. The public is invited to attend.

Emer and Martin Harris were closely associated with the L. I. S. Prophet Joseph Smith during the early days of the church. Martin assisted in the publication and translation of the Book of Mormon. Martin Harris is the pioneer settler of Harrisville, after whom the town was named.

Woman Made Utah Sheriff As Mate Dies

SALT LAKE CITY, Aug. 19.—(AP)—Believed to be the first woman justice of peace in Utah history, "Fier Honor" Mrs. Marie Brown of Midvale, Tuesday took over her duties in the Sixth precinct.

Mrs. Brown will fill an unexpired term of more than two years left vacant by the death of her husband, Silas Brown.

"She made out all her husband's reports and commitments and knows how to conduct the court," County Attorney Harold E. Wallace told the county commission that made the appointment.

Suicide Changes Mind In Mid-Air

WASHINGTON, Aug. 19.—(UP)—Milton Piers, 28, decided to commit suicide. He leaped off a highway bridge, 50 feet above Potomac river, but half way down his coat caught on a girder and he changed his mind. He grabbed a firm hold and held on until rescued.

Frank, removing the dress from the pressing machine and slipping it on a hanger, while Toinette with quick, eager hands, straightened the flounces.

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(To Be Continued.)

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Addition Favored For Uinta Forest

WASHINGTON, D. C., Aug. 19.—The Secretary of the Interior has approved the proposed Nephi Addition to the Uinta National forest. This addition involves 1,360 acres which the people of Nephi have been anxious to have added to the Uinta forest in order that erosion control might be carried on by the CCC camp.

The city of Nephi is arranging to acquire the greater part of the private land included within the area.

TO EVOLVE METHOD

BOISE, Aug. 19.—(AP)—A method of administering the state unemployment act passed at the recent special legislative session will be evolved following a study of other state systems, said Frank Langley, chairman of the Idaho industrial accident board.

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