

HOW TO KEEP WELL

By DR. A. W. EVANS

HOT WEATHER HYGIENE

A considerable part of our food goes for the making of heat. In cold weather this furnace function fits fine, but this hot weather is something else, as Sharlie would say.

Every kind of effort causes the manufacture of heat as a by-product. Even twiddling the thumbs makes an appreciable amount of heat, and man's only chance to imitate a frog, by becoming a cold-blooded animal, is, like a frog, to quit thinking.

When the weather is very hot the proper policy is one of relative inaction. To secure the greatest degree of comfort, inaction should be carried to the nth degree. Since so large a portion of the food intake goes to the production of heat, the summer diet should be very light. To put it another way, since so much of the food we eat in zero weather goes to make the heat we so much need, it is wise to eat sparingly in hot weather.

Of the various foods, those rich in fats are highest in heat units. It follows that a summer diet should not include fat meats, cream, oils or fats of any kind.

The yellow of eggs is included among the fat foods. There is much heat in the chemical makeup of meats. Since the amount of food in the hot weather diet is relatively small, it should be somewhat bulky. In very hot weather the appetite is poor. That is a wise provision of nature and, as such, it should be respected. Such appetite as there is calls for salads, greens and bulky vegetables, fruits which are principally water, thin soups, buttermilk and other creamless milks, and cottage cheese.

Hot foods greatly increase the distribution of blood to the skin, thereby increasing the feeling of heat discomfort. Again nature shows wisdom in calling for cold foods. It is not wise to drink ice water, although everything is to be said for cool water. We do not get far into the hot weather before we learn by experience that drinking ice water causes a little stomach discomfort which, in turn, prompts more ice water drinking which, in turn, increases the stomach discomfort. Several days' exposure to hot weather, accompanied by liberal drinking of ice water causes stomach irritation which even an indifferent person can recognize.

Dress is more important than diet in its relation to summer comfort. Gandhi has the right idea about dress for very hot weather. The writer cannot advise his readers to dress like Gandhi, since this Indian spends about his life in jail. Our advice to our readers is that when the weather is torrid, to go as far as Gandhi would as is allowed by state law and local ordinance.

COFFEE

T. R. S. writes: 1. Is coffee without cream and sugar drunk in the morning before breakfast injurious to a woman 80 years old?

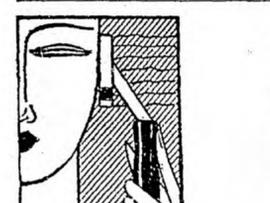
2. Is it true that sitting with the limbs crossed is harmful to the kidneys?

REPLY 1. Coffee is drunk by most people do not take it in excessive dosage. The average person can take two average cups daily without harm. Old people do not stand coffee as well as younger ones.

2. No. However, people with a tendency to Buerger's disease, Raynaud's disease, and other causes of gangrene of the feet should not sit cross-legged. This applies especially to old people. Why should an old lady want to cross her legs—or a young one?

Visitors Arrive From Pittsburgh

Mrs. Clara Nichols Barnes of Pittsburgh, accompanied by her daughter, Miss Emily Barnes, has arrived in Salt Lake for a stay of several weeks. They will visit with Mr. and Mrs. John A. Nichols, Mr. and Mrs. George E. Nichols, Mrs. F. J. Nichols and Mrs. R. T. Burt.



NEW WONDERFUL BEAUTY SECRET

Let us explain to you this latest Leap in Beauty Science. A way has been found to apply easily a warm cream to the face which will rejuvenate and youthify your skin. You will be surprised in a short time to see what a vast difference this treatment will make in the texture and appearance of your complexion. If you are interested in making your skin look younger, please ask for the Mello-glo expert at our toilet goods counter—or if you cannot call, we will mail a little booklet explaining in detail this new wonderful beauty secret.

Mello-glo Skin Rejuvenating Treatment . . . \$2.00 Special Mello-Glo Representative at Our Store at 278 Main St. Schramm-Johnson, Drugs

Three Become Brides; Betrothal Announced



—Smith-Cottrell

CONTRACT BRIDGE

HOW TO FLAY AND HOW TO WIN

AN OLD FRIEND

There is probably more discussion in the newspapers about the grand coup and the Vienna coup than about any other of the advanced plays in Contract Bridge. This is true because of their rarity. Most players, even with a chance to execute these plays, would not recognize them in time, and even experts do not have them as a daily diet.

The bidding: AK103, K9, J62, Q1084, 642, J10, 1087, A1632, Q1076, A864, AK9, K95, 987, Q7532, 543, 7.

Today's Question: Bid both hands. North is dealer. North and South are not vulnerable. Answer: 3NT.

Naturally, North's correct opening bid is one heart, that suit being bid. South responds with the slightly shaded spade bid, in order to use the Culbertson "One over One." He has too good a hand to respond with one notrump. North, of course, revalues his hand and finds two raises in support of South's spades.

Contract Versus Platford: Contract is knocking with thundering fists at the last citadels of Platford Bridge—France and Belgium. Platford, once so popular in Europe, has had to yield its stronghold, on values his hand to remain neutral.

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Upper, left to right, Mrs. De Von X. Stewart, a bride of the week, who before her marriage was Miss Ruth Elizabeth Cottrell.

Michael O'Gara, of Manhattan Beach, Cal., formerly Miss Mary Maxine Ouhoun. Miss Leone Faye Buckland, daughter of Mrs. Leah J. Buckland, whose marriage to Robert F. Hanney will take place early in July. Lower center, Mrs. Harry Mallard, formerly Miss Olive Whaley, daughter of Mr. and Mrs. Bert Whaley, whose marriage took place June 16.

dummy would have won the tricks. Had declarer not made the Vienna coup and established East's Queen of diamonds, the squeeze would not have operated. The diamond Knave in his own hand would be useless as a squeeze card, as the low diamond or the low heart would have to be played from dummy, and the diamond suit being blocked. East could safely have discarded his diamonds and merely kept his hearts.

that no teaching of Bridge is possible. The purpose of Le Monde du Bridge is different. This is a Culbertson undertaking to show the French public the advantages of the famous system in all its aspects. We welcome sincerely a publication devoted entirely to the popularization of the Culbertson doctrine, which we still consider the best thought out of all bidding systems.

A Belgian daily, L'Etoile Belge of Brussels, which every day devotes liberal space to a Bridge column, also welcomes the ascendancy of Contract. It ridicules the attitude of players who sneer at conventions and systems. In one of its articles this daily states: "Many players believe that Contract Bridge is synonymous with systems and conventions, yet conventions are just as necessary for Platford as for Contract. However, conventions are more numerous for Contract because of the slim bidding, where wrong information may lead to a catastrophe. We must admit, however, that the players who have tried Contract Bridge very rarely return to Platford."

The superiority of Contract Bridge always proves overwhelming once people take the pains to learn something about it. Only recently a hand occurred in a Platford team-of-four tournament which was big most horribly by one team. This team raised the hand at a two-diamond contract when a small slam in diamonds or spades could have been made against any defense. The other team, on another hand, bid game in spades, yet gained only 22 points, because it was exclusively to amateur players.

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Wedding Licenses Show Increase

PROVO—Marriage licenses in Utah county during June showed an increase over the same period in 1932. Licenses issued by County Clerk Frank M. Salisbury during June this year totaled 77, bringing in a total fee of \$192.50, as compared to 67 licenses last year, with a fee of \$167.50.

Earlier in the month but few licenses were issued and indications were at that time that the number issued would fall far under last year. However, in the middle of the month a rush was experienced. Only two couples secured licenses Friday: Keith Wall Openshaw, 21, and LaVerne Gledhill, 17, both of Santaquin, and Wayne Kerr, 24, Payson, and Norma A. Greenhaigh, 20, Santaquin.

B.Y.U. Summer Session Sets Attendance Record

PROVO—Enrollment at Brigham Young university is at its highest peak in the history of the summer session, announces John E. Hayes, registrar, who reports 481 students registered at the end of the third week of summer school. Of this number, more than one-fourth are of foreign standing.

In addition to the students enrolled from Provo, there are representatives from 150 localities outside of Provo and 89 students from outside Utah, Mr. Hayes states.

THREE PLEAD NOT GUILTY—Ray Turner, 26, of Provo; William Grant, 60, and Don Huggard, 20, of American Fork, pleaded not guilty to the charge of kidnaping, which they were charged with on Friday before District Judge Martin M. Larsen.

MONROE—Mr. and Mrs. E. P. Washburn announce the marriage of their son, Wallace, to Miss Margaret Richison of Napa, Cal., at Fairfield, Cal. They will reside at Yountville, Cal.

MINERSVILLE—Mr. and Mrs. Merrill Jackson of Minersville announce the marriage of their daughter, Merna, to Harold Baker, son of Mr. and Mrs. Henry F. Baker of Minersville, in the L. D. S. temple, June 28. They will make their home in Minersville.

MT. PLEASANT—Mrs. Burke McArthur announces the marriage of her daughter, Arlene Hyde, to Hazel R. Jackson of Salt Lake, which took place in Chicago, June 19. Mrs. Jackson is a graduate of North Sanpete high school and of L. D. S. hospital in Salt Lake, Mr. and Mrs. Jackson will reside at Monticello, Minn., and will make their home in Salt Lake.

MT. PLEASANT—Mr. and Mrs. J. A. Bjelke announce the marriage of their daughter, Wilma, to William J. Peyer of Wells, Nev., son of Mr. and Mrs. Robert Peyer of Nephi. The marriage took place at Mantle, June 21. The bride is a graduate of the North Sanpete high school, where she was prominent in school dramatics. The couple will make their home in Wells.

MAGNA—Mr. and Mrs. J. S. Powell of Magna announce the marriage of their daughter, Norma, to Samuel L. Haefeli, son of Mr. and Mrs. Leo Haefeli of Tooele, on June 24 at the home of the bride's parents. The bride was the moffit of a shower given by other members of the church. A bridge party given by Mrs. A. B. Powell and Miss Pearl Powell prior to her marriage.

FARMINGTON—Mr. and Mrs. H. B. Hellewell of Farmington announce the marriage of their daughter, Verla, to Kenneth C. Smith, son of Mrs. Carlos Smith of Centerville. The wedding took place Friday, June 30, in the Salt Lake L. D. S. temple.

IDAHO FALLS—W. T. Bailey of Idaho Falls announces the marriage of his daughter, Louise, to Jesse M. Day of Idaho Falls. The ceremony took place Monday in Salt Lake City. The bride is a graduate of Ricks college at Rexburg, Idaho. The couple will live in Idaho Falls.

HUNTINGTON—Mrs. Bessie Johnson of Huntington announces the marriage of her daughter, Maudie, to H. Feuton Moffitt, son of Mr. and Mrs. Herbert Moffitt of Castle Dale. The ceremony took place Wednesday in the Salt Lake L. D. S. temple. After a trip through northern Idaho, the couple will make their home in Huntington.

EUREKA—Mrs. Katherine Russell of Eureka announces the marriage of her daughter, Marian, to E. Burton Royle of Eureka. The couple was married last week, and after August 1 will make their home in Salt Lake City.

TWIN FALLS—Mr. and Mrs. Fred G. Botcher Sr. of Twin Falls, Idaho, announce the marriage of their daughter, Margaret Marie, to Junius Love Jensen, son of Mr. and Mrs. Junius C. Jensen of Preston, Idaho. The marriage took place January 3. Both young people are students of the southern branch of the University of Idaho.

Weddings in The State

SPRINGVILLE—Mr. and Mrs. Charles Altesman announce the marriage of their daughter, Julia, to Avery Coine of Salt Lake. The marriage took place Sunday at the home of the bride. Supreme Court Justice Elias Hansen of Salt Lake, uncle of the bride, performed the ceremony. The young couple will reside at Idaho Falls, Idaho.

Announcement is made of the marriage of Miss Maurine Whitney, daughter of Mr. and Mrs. J. W. Whiting, to T. Melvin Haymond of this city, Monday in the Salt Lake L. D. S. temple.

Mr. and Mrs. J. Lorenzo Weight announce the marriage of their daughter, Blanch, to W. Fred Hanson of Provo, Wednesday, in the Salt Lake L. D. S. temple. The bride and groom are graduates of Brigham Young university, the former having taught in Nebo district schools four years. They will reside in Provo after a trip to southern Utah and California.

Announcement is made of the recent marriage of Rilla Elizabeth Smith of Springville to Owen V. Rowland, also of this city.

PANGUITCH—Mr. and Mrs. William H. Talbot announce the marriage of their son Russel to Memphis Sudweeks, daughter of Mr. and Mrs. Henry Sudweeks of Circleville. Dr. and Mrs. M. W. Bigelow announce the marriage of their son Willard to Madge Crow, daughter of Walter Crowe of Circleville, in the St. George L. D. S. temple, June 23. They will make their home here.

Announcement is made of the marriage of Miss Freda Egan, daughter of Mrs. John S. Prince, to Orin Bell, son of Mr. and Mrs. Joseph Bell. They will make their home here.

PAYSON—Mr. and Mrs. G. F. Pickering announce the marriage of their daughter, Teresa P. Reardon, to Reid Davis of Salem. The bride has been teaching in the Nebo school district several years. They will reside at Salem.

Mr. and Mrs. Arthur Hendrickson announce the marriage of their daughter, La Neta, to Don Taylor, son of Mrs. Eliza Taylor, June 28, in the Salt Lake L. D. S. temple. They will reside in Spring Lake, Nev.

Mr. and Mrs. John M. Cowan announce the marriage of their daughter, Fawn, to Angus Hales, son of Bishop and Mrs. George Hales of Spanish Fork, June 30, in the Salt Lake L. D. S. temple. They will reside in Spanish Fork.

FOUNTAIN GREEN—The marriage of Miss Mabel Howard, a daughter of Mr. and Mrs. George E. Howard of Nephi to Edwin Denzil Jensen, a son of Mr. and Mrs. Joseph P. Jensen of Fountain Green, was solemnized in the L. D. S. temple in Salt Lake, June 14. The young couple will reside in Fountain Green.

MORONI—Announcement is made of the marriage of Miss Marian Angus of Iowa City, Iowa, to Dr. Wilbur Dice, son of Dr. and Mrs. H. E. Dice of Moroni. Dr. Dice was graduated early this month from the medical school of the University of Iowa, at Iowa City.

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Recent Bride and Bride-to-Be



Mrs. Harry A. Metz, left, of New York, a recent bride, who before her marriage was Miss Virginia Douglall of New York, formerly of Salt Lake. Miss Juanita Ridge, right, daughter of Mrs. A. P. Ridge, whose engagement to Harry A. Thompson is announced, the marriage to take place in August at the Immanuel Baptist church.

Primary Names New Officials

SANDY—A reorganization of the East Jordan stake Primary of the L. D. S. church has been effected, as follows: Mrs. Agnes Rasmussen of Sandy, superintendent; Mrs. Katherine Bennion of Sandy, first counselor; Mrs. Alice Burgen of Union, second counselor; Miss Beatrice Lindell of Sandy, secretary.

Outgoing officers included Mrs. Berly Meyers of Midvale, who has served as stake superintendent since the stake was divided, over six years ago, and Mrs. Veri Milne, counselor, and Miss Anna Johnson of Union, secretary.

Miss Johnson has served as secretary of the stake Primary for the past 18 years, having served under three different presidents, 12 years in the Jordan stake and six years in East Jordan stake.

Mrs. Katherine Bennion was retained as counselor.

TO ADDRESS SCOUTS—PROVO—Albert Mabey, member of the Provo district Boy Scout court of honor, will be the speaker at the court of honor in Provo Community church Sunday at 8 p. m. The meeting was originally scheduled in the L. D. S. Fourth ward chapel, but was changed because of a conflict with other meetings. John Gessford, scoutmaster of troop 51, will be in charge of the program.

LIONS CLUB ELECTS—SANDY—The Sandy Lions club has elected officers as follows: R. B. Gardner, president; C. C. Crapo, first vice president; Glenn O. Pollard, second vice president; Henry Jorgensen, third vice president; A. C. Jensen, secretary and treasurer; Harold Bradley, lion tamer; Grant Crump, tall twister; Melvin Strong and Udell Kuhre, directors.

TODAY'S HOROSCOPE

By GENEVIEVE KEMBLE Sunday's horoscope, although holding augury of activity and greatly expended energies, may not be considered as propitious. There are adverse aspects indicating unwise or precipitous changes, journeys, commotion or disruption, which may prove devastating to the private as well as business welfare and harmonies. Those whose birthday it is may be prepared for an active and energetic day, with much commotion, change or travel, but these may not prove profitable for business success or personal happiness. The latter may develop strange or irregular adventures, disturbing and devastating to the domestic or romantic affiliations. A child born on this day may be prone to the peculiar, unconventional or radical, although energetic and constructive. It may be artistic and temperamental, as well. Notable nativity: Bob Zupke, athletic coach.

WARRANT LAW REPEAL HELPS STATE'S CREDIT

Chase National Bank Buys \$250,000 Idaho Issue to Pay Notes

BOISE, July 1 (AP)—While the recent special session of the legislature had as one of its two major subjects the revision of laws governing the handling of the endowment fund so as to permit it to aid the treasury, it fell upon a minor act of the session to come first to the rescue. When the session was called, Governor C. Ben Ross included in his message a request that an act of the regular session permitting counties to pay their taxes to the state with registered warrants be repealed.

When the session was called, Governor C. Ben Ross included in his message a request that an act of the regular session permitting counties to pay their taxes to the state with registered warrants be repealed. He said it resulted in harming the credit of the state to the extent that banks declined to consider buying treasury notes dependent upon cash from the counties for their redemption.

It was repealed, and a few days afterward the Chase National bank of New York, fiscal agent for the state, agreed to accept \$250,000 of treasury notes to help the state in keeping its record clean by avoiding a default in payment of its notes due July 1.

When these same treasury notes, now accepted by the bank, were offered for sale last April, neither the Chase National nor any other bank offered a bid on them. The county warrant law was then in effect. The department of public investments proposed to buy them, intending to raise the money by selling securities it already had on hand. This procedure was halted by the supreme court, which declared the department had authority only to hold its securities until maturity. Thus the question was raised for the legislature to handle, which it did by permitting the department to sell its securities—under considerable restriction as to terms.

No sale of endowment funds by the department of public investments was authorized before the first delivery of \$250,000 of state security notes was made acceptable, evidently by repeal of the warrant law.

With the \$250,000 in credit made available by acceptance of the note issue by Chase National, the state was able not only to present funds to redeem the half million dollar issue due July 1, but had all the necessary money to redeem a second issue of \$250,000 due August 1.

U.S.A.C. Coach to Deliver Speech

PRESTON, Idaho—E. L. "Dick" Romney, director of athletics at the Utah State Agricultural college at Logan, will be the speaker at the patriotic meeting to be held in Preston, July 4, according to the announcement of F. Edgley, chairman of the program committee.

One of the outstanding features of the Independence celebration will be the mammoth parade, under the direction of T. R. Bowden, James A. Bullock and W. J. Chandler. All the clubs and auxiliary organizations in Preston are being asked to contribute to the parade.

COOKING CLUB ELECTS

SPANISH FORK—The Fourth ward 4-H Cooking club has been organized, with the following officers: Olive Marie Nelson, president; Ruth Brown, vice president; Ella Mae Nelson, secretary and treasurer; June Daniels and Lenore Simmons, song and cheer leaders; Edith Hardy, reporter; Melba Hone, leader.

COUNTY LOSES ON SUIT

GARDEN CITY, Kan., July 1 (AP)—A civil suit involving a claim of \$101 cost Finney county \$99 recently for jury fees and meals and the jury was unable to reach a verdict.

By their Exclusive "Twin-Control" FLEXEES

Advertisement for FLEXEES corsets, featuring an illustration of a woman in a corset and text describing the product's benefits for waistline and hip-line.

AUERBACH CO.