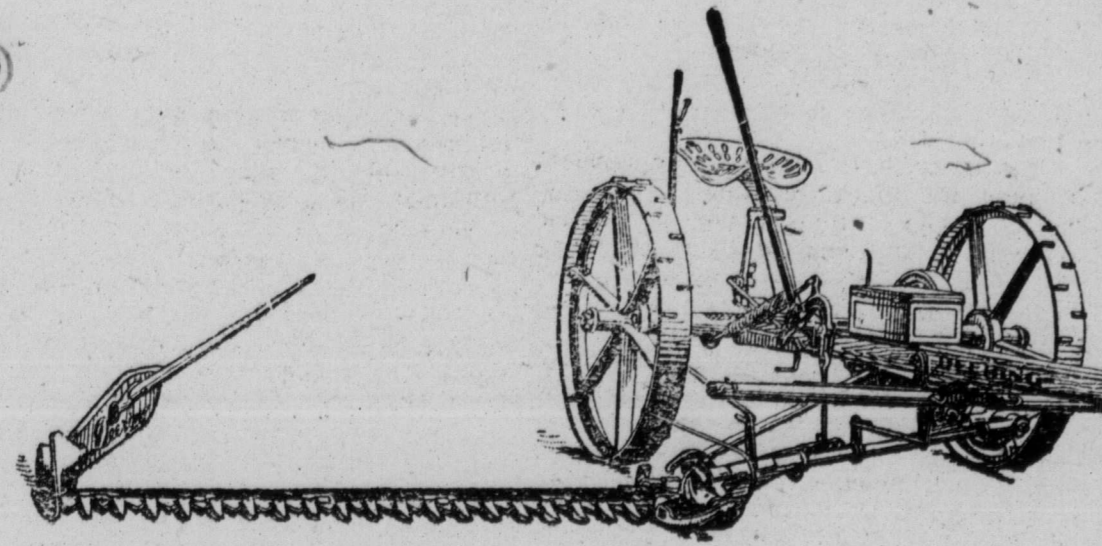


# The Alberta Star

Vol. X

CARDSTON, ALBERTA, SATURDAY, JUNE 27, 1908

No. 4



## Haying Time

is nigh and prospects are bright so you need a new machine.

See our new GIANT IDEAL 5 foot mower, the best on Earth.

**H.S. Allen & Co. Ltd.**  
The Big Department Store.

### THE CAHOON HOTEL

First Class in every respect  
Steam Heat in every room  
Hot and cold water baths  
Excellent dining room service

CARDSTON - ALBERTA

Happy Homes and the  
Meat that makes them

### PEOPLE'S MEAT MARKET

#### THE NEW BUTCHER SHOP

A trial order will convince you of our ability to satisfy.  
FRESH SAUSAGE daily and the very best of  
STEAKS, CHOPS, ROASTS, etc. at  
LIVE AND LET LIVE PRICES

ONE DOOR SOUTH OF CAHOON HOTEL.

### PHIPPS

### Restaurant and Bakery

#### Headquarters for Fresh Fruits.

LARGE STOCK LARGE VARIETY  
Strawberries and Cream 10cts.

Plums, Peaches, Apricots, Bananas, Cherries.

We shall also have the beginning of the week, Gooseberries, Red, Black and White Currants.

### TOWN LOTS

300 building lots for sale in the heart of the original Townsite of Cardston \$25 to \$75 per lot

BUY NOW  
When real estate is low or soon it may be too late to get a bargain

E. N. BARKER, CARDSTON

### Missionary Stead's Letter

The following letter was addressed to the officers and members of the Sabbath Schools in the Alberta Stake by W. H. Stead who was the Superintendent before he went on his mission

Pittsburg, May 19, 1908.

Dear brethren and Sisters: It is much joy and satisfaction I take in writing you a short account of my travels and visits on the way to my field of labor, also of my labors since my arrival. After leaving home I spent two weeks visiting friends and relatives in Fremont Co. Idaho. I visited in several of the settlements, but spent most of my time in Parker Ward. While there I had the pleasure of attending the sixtieth anniversary of the Relief Society doings and to my surprise I was the only man present and had the pleasure of speaking to the good sisters, but I enjoyed myself just the same. I also visited the Sabbath School during my stay and am pleased to state that in many respects, our schools are ahead of theirs, although they are blessed with better conveniences. I visited other schools on my journey, but none ahead of ours, and, if made me feel to appreciate ours all the more. While in Parker I had the pleasure of baptizing one of my uncles and a young man sixteen years old the latter having been of Latter Day Saints parentage but owing to the death of his mother while quite young and his father not being of a religious turn of mind he was neglected and had never made it known up to this time, and when I was talking to my uncle about the ordinance he told us about it and was made to see the necessity of having such ordinance performed. I went to Farmington and visited my folks also attended the General Conference in Salt Lake City and enjoyed the spirit of the same very much and met with many old time friends. On the 7th of April a large company of missionaries met in the Annex of the Temple and we were set apart for our mission, Bishop Frank Leavitt and Oliver Orr of our Stake being among them, some going to Mexico, Central, Northern and Eastern States. April 8th at 3.15 p. m. in company with fourteen elders and two sisters, we left on the D. & R. G. route via Denver for Chicago and various parts of the States. We had a special car and plenty of room. In the evening we held a testimony meeting, also offered a prayer to our Heavenly Father for His protecting care over us on our journey and had an enjoyable time.

As we sped over the country our eyes feasted on the beautiful homes and farms of the saints in the valleys of the mountains, also the grand scenery as we passed over the Rockies going to Denver. We arrived in the latter place at 7 p. m. on the 9th, stayed about two hours, which gave Bro. Leavitt and I time to see a large portion of the business section of the city, it being lit up with electricity and gas presented a very beautiful appearance and made a most favorable impression on our minds. We left at 9 p. m. and arrived at Chicago at 7 a. m. on the 11th. On our way we passed Omaha. This place seemed to be very dirty and smoky, but we could not see much of the city from the Depot. A short ride after leaving Omaha we came in sight of Council Bluffs just across the Missouri river but could not see much of it as we passed down the river several miles before crossing. We saw many nice homes and farms as we travelled through the State of Arkansas and

Illinois. The land resembled very much that of our own country in Canada. On our arrival at Chicago we were met at the Depot by Elder Dayton, Conference President at Milwaukee, who came to meet his wife. He escorted us to the Conference House where met a large number of Elders and saints during the afternoon and the next day. Sunday we visited the Sunday School and Meeting and had a very interesting time, nearly the whole body of Saints and Elders present except a small class, were formed into one class studying the Book of Mormon and conducted by Bro. Miles, who is attending one of the Colleges and who is thoroughly conversant with the Book of Mormon. I had the pleasure of addressing the afternoon meeting and bearing my testimony to the people.

Bro. Leavitt and myself were invited to take dinner with Sister German Elsworth and family, after meeting and can assure you we enjoyed it very much. We stayed in the city three days visiting many points of interest such as the great stock yards and Amour's packing plant, saw them slaughter many swine and a number of beef cattle and although it is very interesting in many ways, to see the skilled workmen and the way they accomplish their work so quickly, it also is a very cruel sight. We also visited some of the large business houses, the museum and rode on the elevated railroads. Chicago presented itself as being a very dirty city and by no means a desirable place to live.

Bishop Leavitt and I left in the evening of Monday 13th, went to Southbend where we had the pleasure of going through the Studebaker Bros. Factory, which is a great sight and very interesting to see the way they make their wagons, buggies etc. They treated us very cordially, paying our train fare from Chicago as well as Hotel expenses while there. Southbend is a manufacturing city a very beautiful place, having many nice residences.

Tuesday evening we went to Cleveland, where we boarded a car and went to Kirtland and had the pleasure of going through the Kirtland Temple which of course is a very interesting feature to us as well as to all Latter Day Saints. Our minds revert back to the many trying scenes of our people prior to their being driven and persecuted by a vile and murderous mob. As we look through the building and note the condition it is in today, we think to ourselves, is it possible, that one day two great Heavenly messengers came and visited this place, bringing great and glorious revelations to the children of men, even the Keys of turning the hearts of the fathers to the children and the children to the fathers etc. Also the Key to the gathering of Israel but how different then than now, clean and pure and Holy above all places. Now it presents a dirty appearance, being used to make money in a way, by letting all kinds of people pass through it, as well as a conference house of the Josephites who claim ownership of same. We next went to Palmyra and visited the Hill Comorah where once stood the Great Prophet of this dispensation conversing with the angel Moroni on the restoration of the Gospel and when he received the plates which contained the glorious Gospel to be preached in these last days to all people. Oh what a glorious time and what joy to sit in the place and reflect over these great events. Bro. Leavitt and I sang "An Angel from on High." Then I offered a prayer to our Heavenly Father, after which we read some

of the last chapter of the Book of Mormon, talked over the events and sang "Hail to the Prophet" Bro. Leavitt offered prayer and then we went to the sacred grove where we prayed and sang as before, and while singing the beautiful song, "Oh How Lovely was the Morning" our thoughts went back to that most lovely scene of the Prophet Joseph. The weather was so beautiful and warm and everything so quiet while we sat their under the same tree when he offered prayer. We felt a Heavenly influence and in our prayers we remembered our loved ones, our co laborers and people of the Alberta Stake. We also visited the home of the Prophet and was in the room where he and Oliver Cowdry commenced the translation of the plates.

We also visited the old farm of Martin Harris which was mortgaged to obtain means to carry out the work in publishing the book. While visiting and walking from place to place we were full of joy peace and love and felt like we could remain there a long time. How nice it would be if you all could have the same privilege of visiting these most glorious places. Our next stop was New York City, we arrived there Saturday 18th at 7 a. m. left our grips at head office, during the day we visited the main business section and in the evening we met Elder Thomas Wilson of Leavitt, we all went to the great Hippodrome and witnessed the presentation of the Fall of Port Arthur, a regular battle being fought on the stage showing hundreds of men, horses etc. in action, it was the grandest sight I ever looked upon and thousands of people go there twice every day to see it. After the play we went to Newark on a steamer, the river seemed alive with boats of all kinds lit up with various kinds of lights making a beautiful sight and we enjoyed our trip although it was late and we were very tired. Next day being Sunday we attended the Sunday School and meeting of our people in Newark, met the Saints and a few investigators who are very friendly to our Elders, the Sunday School consisted of about ten or twelve, all grown people and formed into one class, studying the Articles of Faith, we enjoyed ourselves among the people very much. Monday we returned to New York through the tunnel under the Hudson River. During the day we were sight seeing, riding on the Elevated Railroads as well as the Subways. Tuesday we received our appointments, Brother Leavitt being assigned to Central City, West Va. and I to Pittsburg, Pa. We purchased tickets over the same road and travelled together as far as Cumberland, Maryland. On our way we visited Philadelphia, Baltimore and the City of Washington, in the former place we went through the Halls where the first congress of the U. S. was held, was in the room where the Constitution was signed, saw the table and ink stand that was used, seen the old Liberty Bell that rang out in sweet tones of a glorious victory and the freedom of a nation. We passed through the rooms where transpired many important events pertaining to this great nation. Some of the furniture used by George Washington remains in this building. We also visited many of the monuments of Generals and Soldiers that fought and bled for this country's cause. Went down to the Delaware river and visited some of the large ware vessels, going on board of one. This city is a very large place containing many points of interest to the people of the nation. We only stayed

a short time in Baltimore and went from there to Washington, we visited the Capitol, which is a most magnificent building, met Congressman Howell, and Senator Smoot of Utah, had the privilege of attending two sessions of the Senate and listening to the great men of today discuss the necessity of building more war ships. We went on top of Geo. Washington's monument which is 550 high and obtained a beautiful view of the city and surrounding country. We took supper with Congressman Howells and family after which we spent the evening with Senator Smoot and family. Next day we went through the U. S. Treasury and after wards was escorted to the White House by Senator Smoot where we had the pleasure of meeting President Roosevelt, shaking his hand and then visiting all of the various rooms of the beautiful building and I can assure it is a most lovely place inside. We visited the U. S. Library which is a new building recently erected also a very nice one.

April 26th at 9 a. m. we left the city for our fields of labor; parted at Cumberland, I arrived at Pittsburg 6.15 p. m. I had difficulty finding the office, no one seemed to know the address, not even the police. I travelled in different directions until about ten or eleven o'clock that night and then put up at a hotel. In the morning I tried several business men to find the street and they looked up the map and we went at least five streets and avenues by the same name, so I started out for one of them and the first one I came to was the place and to my surprise the street is just one block long and I did not find a man that could tell me where such a street was until I got within a block or two of the place. One of the Elders went with me across the river for my grips, four or five miles distant, where I had left them the previous night with a private family.

In the afternoon we went right to work tracting among the millionaires of the city, and the most beautiful homes I ever saw, so thus I received my first initiation in the work, so far I haven't had the door slammed in my face but have met some very cool people, who would not care to take a tract, but I usually talk most of them in the notion of reading one anyway. Some few would not. One lady lodged at me and wanted to know what I wanted, she was a Catholic and said they had the truth and I could not convert her, after I had talked a while she said, "Well you are a pleasant man anyway," I got her to take a tract also to read a small book. I haven't called since. We meet with many indifferent people also many good people. I have been invited back to several homes and they are reading our literature. The rich class haven't time for religion, they are too busy and there is too much pleasure, but many of the servants will accept the tracts also buy some of our books. There are many beautiful Churches, Cathedrals and Jewish Synagogues in this place. The city contains about 600,000 people. We see many children among the farmers but not many others unless it is the negroes, but every woman has a little dog or cat, they even have their grips axed with wire in one end so they can carry their pet on the train with them.

The weather has been very stormy and bad so we haven't been able to do much tracting but hope to do more in the future. I have only distributed 161 tracts, had 83 Gospel Conversations, loaned 15 books and sold eleven and held 5 open air meetings, preached

(continued on back page)

Government Reading Room



# HOME GYMNASIUM FOR CHILDREN



*Matress Saves Many Hard Hours*

**T**HE natural environment for growing children is, of course, the country. Here they can run and play at will, climbing trees, swimming, rolling on the soft green grass—all exercises that develop every muscle in the young body. The foundation for health in later



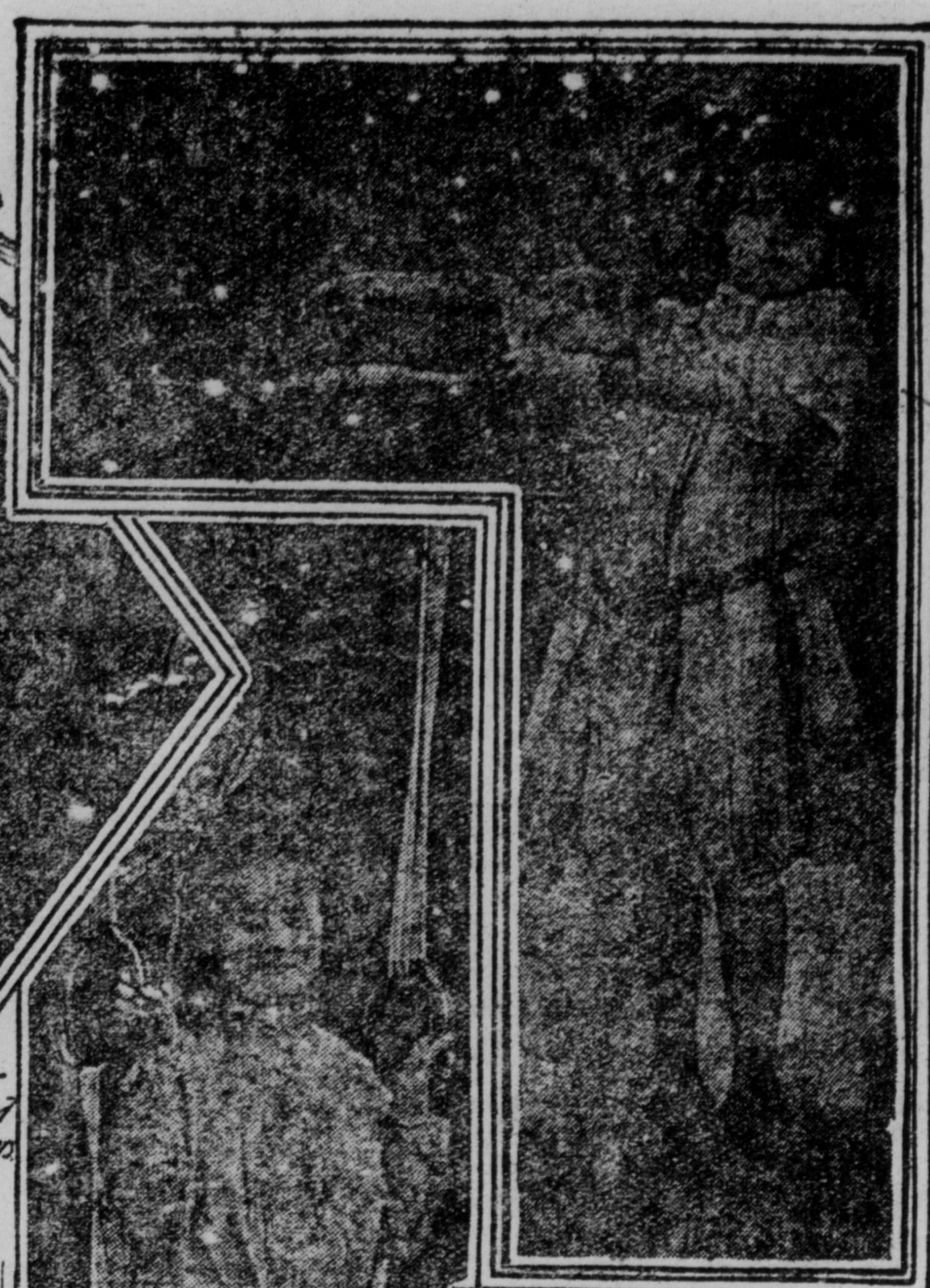
years is laid in early life. A child of 8 whose muscles are allowed to grow soft and weak will make an adult of 20 physically unfit for work or play. But for those poor little ones who cannot have the outdoor exercise of country life nothing could be better than a nursery gymnasium, where they can work off their surplus energy in healthful gymnastics, such as Indian clubs, wands, parallel bars and rings attached to the ceiling.



For the littlest ones very light dumbbells and clubs must be provided, for healthful exercise means just the ordinary play of the muscles, not the straining to carry heavy weights nor accomplishing difficult feats. The gymnasium should also be provided with a cheap mattress. This is invaluable for friendly wrestling matches and for breathing exercises, where the child lies flat on his back, and, taking a long, deep breath, slowly raises the arms and expands the lungs. Then, too, the mattress will prevent many a bruise when the swinging rings are added to the routine. Following is the formula for the correct handling of Indian clubs as an art that most children take pride in acquiring. They are a great



assistance in teaching the child to balance gracefully on the feet, and when properly handled they make the wrist absolutely flexible at the same time strengthening the arm. The wand exercises are to teach grace and equilibrium, and the weights fastened to the wall are useful as exercises for the muscles of the shoulder, but great care should be taken that the weights do not tax the strength and that the child stands correctly while exercising. No child is too young to make some attempt at gymnastics, however light they be. If the usual appliances are too heavy for the littlest of the family, they can go through the same motions as the older members without the weights in their tiny hands. When the time comes for them to attempt the regular work they should begin with the dumbbells and work through the wand exercises, clubs, bars, to the rings, which is really quite a step. The nursery gymnasium will undoubtedly prove an assistance to nurse and mother and of benefit to the youngsters themselves, but it should be an axiom that at the first sign of fatigue the exercise must stop. Even as gymnastics are a help to the growth, so would overexercise become a menace to



*Indian Clubs Teach Grace*



*Helpful and Enjoyable Exercise*

health, and it is a most important point in gymnastic work to see that no child taxes his strength in any way. The parallel bars, for this reason, must be carefully watched, and childish zeal must be restricted lest a strain should result. The same rule applies to the swinging rings, and even simple exercises with dumbbells or clubs should be done for only a limited time each day, for children are usually interested in what they are doing at the moment, and they do not realize how tired they are until it is time to rest, and to an overweary child sleep comes with difficulty. For the same reason lessons should be postponed for a little while after exercising, for both mind and body require relaxation after strenuous gymnastics in the nursery.

## ADVICE TO CORRESPONDENTS BY MRS. SYMES

### To Whiten the Skin

**ALICE**—After you have washed and dried your face carefully, apply the following lotion: One quart of water previously boiled and strained, thirty drops of alcohol, one ounce of oxide of zinc, eight grains of bicloride of mercury, twenty drops of Glycerine. The most simple way to reduce your skin to its natural color is to eat fresh to avoid all starchy and sweetened food, all cereals, vegetables containing sugar or starch, such as peas, beans, corn, potatoes. Have your bread toasted; sprinkle it with sweetened food, all cereals, vegetables containing sugar or starch, such as peas, beans, corn, potatoes. Have your bread toasted; sprinkle it with salt instead of using butter. Milk, I regret to say, if it be pure enough, is fattening. Skimmed milk may be drunk. Hot water is an excellent substitute for other liquids. Add a little juice of lemons or lemons to it, if you choose. Limit your sleeping hours to seven at the outside. No naps. You must take exercise.

### Lotion of Lavender Flowers

**ZELLA**—Add a little of this lotion to the water when washing: Two ounces of rectified spirits of wine, two drams of spirits of ammonia, one-half dram of oil of lavender. Mix liquids together. Bottle and shake. Massage the face with the following cream: Two and one-half ounces of cream, six drams of oil, two and one-half ounces of white vaseline, two ounces of coconut oil, two ounces of sweet almond oil, one-half dram of tincture of benzoin. Melt the first five ingredients together, beat until the mass concretes, adding the benzoin, drop by drop, during this process. Extract of violet or any perfume may be added if agreeable.

### Skiing is Good

**S**KIPPING is one of the best forms of exercise possible, and is generally popular, while battledore and shuttlecock is more suitable for indoor than outdoor play. Calisthenics and drill can, of course, be resorted to, but they are often regarded as rather an imposition during the hour usually devoted to recreation.

### Thin Lips

**P. S.**—Many thin, pallid lips are caused by tight lacing and the incidental impairment of circulation, or the invincible practice which accompanies it of compressing and stretching the lips tightly over the teeth and gums. Anemic indolence or a diseased, impoverished condition of the blood is a frequent cause. If you wish your lips to regain their natural color and plump liveliness, tone up your blood with a good tonic. Massage the lips with the following salve, which should be left on all night: One ounce of spermaceti ointment, fifteen grains of balsam of Peru, fifteen grains of alkanet root, five drops of oil of cloves. Heat the alkanet in the spermaceti ointment until the latter melts and the whole is a deep rose color. Pass through a strainer, then slightly cool, stirring in the balsam. Let it settle for a few moments, then pour off the clear part and add the oil of cloves. Pour into small pots. It is ready for use as soon as cold.

### Superfluous Hair

**ANNIE**—The only permanent cure for superfluous hair is the use of the electric needle. However, if you feel you cannot afford this treatment you might try this formula, which will make the hairs less noticeable: Three drams of sulphide of strontium, three drams of oxide of zinc, three drams of powdered starch. Apply to the surface of the skin and let it remain on until a burning sensation is experienced, and then wash off with warm water. Repeat as often as is necessary.

### For Red Hands

**SUBSCRIBER**—Probably you have the water too hot when washing the dishes. This will cause the hands to have a red appearance. The better plan is to use lukewarm water while washing the dishes and boiling water to rinse them. Use this lotion on your hands: One hundred grains of lanolin, twenty-five grains of paraffin (liquid), ten drops of extract of vanilla, one drop of oil of rose. Mix and apply when necessary.

### The Vaucaire Remedy

**WORRIED**—It makes no difference how old a woman is, the Vaucaire tonic will have a permanent effect just the same. The result depends entirely upon the physical condition of the woman. Following is the formula: Three fluid drams of liquid extract of galega (goatsrue), 154 grains of lactophosphate of lime, ten grains of tincture of fennel, thirteen and a half ounces of simple syrup. The dose is two spoonfuls with water before each meal.

### Hair Curling Lotion

**BEATRICE**—I know of no preparation you could use to make the hair grow in curls. However, you may be able to make it wave by forming the new hairs into curls and dampening them so that they will dry into shape. This lotion may be of help to you: One ounce of gum arabic, one-half ounce of good moist sugar, three-quarters of a pint of pure hot water, two fluid ounces of alcohol, six grains of bichloride of mercury, six grains of sal ammoniac. The last two should be dissolved in the alcohol before admixture. Lastly, add enough water to make the whole measure one pint. Perfume with cologne or lavender water. Moisten the hair with the fluid before putting it in the papers or curlers. This is too strong a solution to be applied repeatedly, as it would surely have a destructive effect on the hair follicles. Therefore, it should not be too frequently applied and not at too short intervals. Occasional use, however, is scalp harmless.

### Scalp Massage

**JOE**—Scientific massage of the scalp is invigorating to the hair and health-giving to the scalp. It stimulates the sluggish circulation and strengthens the capillary structure throughout. Use the scalp: One dram of salubate of quinine, eight ounces of rosewater, fifteen minims of diluted sulphuric acid, two ounces of rectified spirits. Mix, then add one-quarter ounce of glycerine, six drops of essence of musk. Agitate until the solution is complete.

### To Beautify the Throat

**R. H.**—The most beneficial local exercise for beautifying the throat is forcible whistling. However, as many persons think whistling a bad habit for girls the matter of the proceeding may be omitted, in which case noiseless but powerful blowing with the lips should be substituted, the lips being meanwhile held in the whistling position. Frequent practice of this exercise will healthily develop the muscles of the neck. If persons would only be more careful about drying their hands after washing they would not be troubled with chapped hands. Use the following lotion: Thirty drops of tincture of benzoin, two ounces of glycerine, three ounces of rosewater. Rub this into the hands night and morning.

### Care of the Teeth

**L. M.**—The teeth are certainly an extremely important element in facial beauty, therefore we should take the greatest care of them. They should be cleaned twice a day, on rising and before retiring. The brush should not be too hard and one should not stop at brushing only the outside surface of the teeth. They should be brushed inside, as well as on the top. Here is a good tooth paste: Eight ounces of orris root powder, eight ounces of myrrh powder, two drams of oil of cloves, two drams of oil of lemon, thirty drops of oil of rose. Solution of carmine sufficient to color. Honey enough to form paste.

### Whitening Paste for Freckles

**J.**—Sixty grains of salicylic acid, four ounces of bay rum. Apply night and morning with a soft cloth or sponge. This lotion soon produces a slight roughness of the skin, which should be subdued by the use of glycerine or starch. This may also be tried in cases of the same: Freckles: Three ounces of lactic acid, four ounces of glycerine, one ounce of rosewater. This is to be gently applied by means of a camel-hair brush. If the skin becomes irritated or sore, omit one or two days' treatment.

### Cucumber Wash

**U. G.**—Cucumber wash is most excellent for the skin at all seasons of the year. To make it, take one or two cucumbers, cut them into rather small chunks without peeling. Put these into a mortar and pound with a pestle (or use a heavy wooden potato masher and a heavy earthenware bowl) until the mass is pulp-like in consistency. Now filter this through a piece of cheesecloth or very coarse muslin, squeezing out as much of the juice as you can from the refuse. Now put the refuse and filtered juice into a clean enameled saucepan and simmer (don't boil) for ten minutes. Then re-strain, and when cold add alcohol to the proportion of one tablespoonful to half a pint of the strained liquid. Bottle and use to sponge your face instead of washing it during the day. The alcohol should preserve the juice. There is no remedy that will remove scars, but this salve will help to make them less noticeable: Formula—Lanolin, two drams; ointment of biniodine of mercury, one dram. Rub in well once a day.

### When the Hands Are Stained

**CURIOS**—To remove the ink stains from your hands with oxalic acid, put an ounce of the crystals in a pint bottle and fill up with water. Mark the bottle plainly with the name and also the word "poison." Wet a piece of cloth with the acid solution and rub the stained places. Use a pointed orangewood stick beneath the nails. Follow with a thorough washing in clear water.

### Face Ointment

**O. R.**—You will find nothing better than borax acid ointment for facial eruptions: Formula—Acid in fine powder, 240 grains; white wax, 20 grains; paraffin, 480 grains; oil of sweet almonds, one fluid ounce. Triturate the acid to a smooth paste with a portion of the oil of sweet almonds; melt the paraffin, wax and remainder of the oil together and add the previous mixture.

### Tooth Powder

**R. A.**—A simple formula for tooth powder is this: Four ounces of precipitated chalk, one ounce of powdered myrrh, one ounce of pulverized orris, two ounces of pulverized borax. Mix and sift by forcing several times through bolting cloth.

You will find this a very easing lotion for the feet: One pint of distilled water, two and one-half ounces of bichromate of potassium, one-half dram of essence of lavender. Brush the feet over with this lotion after the bath or when changing the hose, and be careful in applying any of the lotion that no space between the toes escapes. In extreme cases it may be necessary to place bits of absorbent cotton, wet with the lotion, between the toes.

Here is a good hair-curling lotion: 123 grains of potassium carbonate, one fluid dram of ammonia water, twelve fluid drams of alcohol, rosewater enough to make sixteen fluid ounces. In using, moisten the hair, adjust it loosely and it will curl upon drying.

### To Cure Double Chin

**MARTHA**—To help reduce a double chin practice the following exercises: Stand erect, in military position. Place the hands lightly on the hips, fingers forward. Drop the chin slowly on the collarbone; then throw the head back with a quick, even movement that is not a jerk, but puts all the muscles into quick play. Repeat ten times. Turn the head quickly to the right till the chin is just over the right shoulder; then back again. Repeat ten times; then turn the head to the left in the same way. Repeat ten times. Do not tire the muscles of the neck, but gradually increase the number of exercises daily, until you can practice each one about fifty times without after-discomfort.

### Tonic for Eyebrows

**MARION**—You will find the following very good for scant eyebrows: Red vaseline, two ounces; tincture of cantharides, one-eighth ounce; oil of lavender, fifteen drops; oil of rosemary, fifteen drops. Mix thoroughly. Apply to the eyebrows with a tiny toothbrush once a day until the growth is sufficiently stimulated. Then less often. This ointment may be used for the eyelashes also. In this case it should be very carefully applied. It will inflame the eyes, as any oil will, if it gets into them.

### To Expand the Chest

**AGNES**—Depress the chest, letting the shoulders come forward, with the head up and back. Raise the chest by muscular effort, not by breathing, to the point of greatest expansion. Raise and lower the chest in this way eight times. You will find the following very good for removing moth patches: Ten grains of cocoa butter, ten grains of castor oil, twenty centigrams of oxide of zinc, ten centigrams of white precipitate, ten drops of essence of rose. Apply to the moth patch night and morning.

### Caring for Sponges

**S**PONGES, unless they are properly cared for, soon become slimy and disagreeable to use, besides being unsanitary. A sponge has a very large capacity for holding water, and the innumerable little cells of which it is composed serve as a sink and catch the impurities in the water as it passes. Thus, if the sponge is used frequently it soon collects considerable slimy matter that will ruin any skin. Avoid rubbing soap on a sponge and do not let it lie in soapy water. It should be thoroughly cleaned once a week in a strong solution of soda and water or borax and water, squeezing it occasionally in the center. After each using a sponge should be thoroughly rinsed and as much of the water pressed out as is possible, then hang in the open air to dry, in the sunshine if possible.

It's a fortunate thing for mankind that the fool killer is about three score and ten years behind with his work.

**The Alberta Star**

Published every Saturday  
CARDSTON, ALBERTA

DAVID H. ELTON  
EDITOR AND PROPRIETOR

THOMAS W. GREEN,  
MANAGER

SUBSCRIPTIONS:  
\$1.50 per annum in advance,  
six months 75c in advance.

ADVERTISING:  
Columnar... \$12.50 per month  
Half columnar... 7.50  
Quarter columnar... 5.00

Special advertising notices in local  
columns 10c per line in advance.

TRANSIENT ADS  
\$1.00 per inch per month

Contract advertising paid for monthly.

THE STAR Job Department is well  
stocked with all the latest and newest  
designs in plain and fancy type, first-  
class presses and will be supplied with  
the finest stationery and printing ma-  
terial of all descriptions.

JUNE 27, 1908.

**DOMINION DAY**

Before another issue leaves the press the great Natal Day of the Confederation of Canada will have been duly and signally honored throughout the length and breadth of the Dominion. It is the one day of the year that should always be celebrated in order that we may remember and keep alive that spirit of patriotism which characterizes the British in all their realm. Just 41 years ago next Wednesday the Confederation of the Provinces of Canada was effected. Wonderful has been the spread and growth and influence of the Dominion from that time until the present. She has like the prediction of the sea in the Good Word, almost "Heaved herself beyond her bounds." Today she stands forth in greater prominence than ever before. Her name is being heralded, her influence felt, her commerce known in places where a few years ago Canada sounded with a chill as one far distant and almost beyond the hopes of civilization—a snow clad barrier to commercial development and industry. These things are no longer experienced in the outside world. Canada has her place and stoutly and vigorously is she maintaining it. May the Land of the Maple continue to prosper, to expand her interests and develop her resources and with each succeeding Dominion Day may we be able to look forward to even brighter and bigger and better ones.

**ALBERTA FARMER'S ASSOCIATION**

In the Alberta Homestead of June 17th appears a spirited and somewhat lengthy controversy between Joshua Fletcher and W. F. Stevens, president and secretary respectively of the Alberta Farmer's Association. A brief acquaintance with each of these gentlemen and a careful perusal of their letters together with a limited understanding of the subject at issue would lead us to take sides with the secretary. However, it is most regrettable that these matters should get into the newspaper for the reason that they not only breathe personal animus but also reveal the fact that there has not been the very best feeling among the leaders of this association, i. e. in reference to the president and secretary. Underlying the president's letter seems to be a feeling of jealousy which it is not at all unlikely to suppose is occasioned by the fact that Mr. Stevens has recently been appointed Live Stock Commissioner in the Department of Agriculture for the Province of Alberta. Such controversies as these will be hurtful to the growth

of the Association because they portray petty animus where the more broadminded spirit should prevail. If there is any class or organization that should rejoice at the appointment of one of their members to positions of trust in the Government it is in the Farmer's Association because their rejoicing is two-fold, it is not merely that they are pleased to see one of their number honored but they rejoice that in that honor the province will be best served and their interests safe-guarded. Mr. Stevens impresses all who know him with his straightforwardness, frankness, bigness, broadmindedness, characteristics which fit and qualify him for the position to which the Department of Agriculture has seen proper to place him. A better choice could not have been made and we are assured that the Alberta Farmer's Association of Southern Alberta, at least, will join in the hearty congratulations which are due him and the Government in his selection.

**Magrath vs. Cardston**

The Magrath Baseball Team came here last Tuesday. Everybody in Cardston felt that the home team would have an easy victory, but this feeling was quickly dispelled when Magrath scored 4 runs in the 1st innings and Cardston on going to the bat scored 2. From this the play was good, both teams working hard, no more scores were made until the seventh innings when DeVoe Woolf added another run to the score. Richardson was on 3rd base with two men out when W. Woolf went to the bat. At this point it looked as if Cardston was going to even the score but Woolf fanned out, leaving the score 4-3. Tomlinson scored another run for Magrath in the 8th innings. The Cardston boys worked hard, and Hendry scored. Vic Spencer was put out on 3rd and D. Woolf on 1st. W. Woolf sent out a fly and was caught out. The first three batters for Magrath were put out on 1st base. This being the last innings the Cardston boys still hoped to win or else even the score. Hurd was put out on 1st. D. Spencer was caught out on a fly. Baird hit a two bagger and stole third. Harris batted a grounder and was put out on 1st.

This ended the game, the score being Magrath 5, Cardston 4. This was one of the best games that has been played this season. Wallace Hurd pitched a good game from start to finish. There were few flies muffed and very few errors made.

A dance was given by the Band in the evening in honor of the visitors.

**Local Justice Meted Out.**

Justice of the Peace, E. N. Barker had a couple of cases the early part of the week. He dismissed the Preliminary Examination in the case of the Leavit brothers who were accused with stealing a dog. In the case against R. Beck, Jr. upon information of F. W. Atkins wherein he was charged under the Town Bylaw of using abusive and insulting language, a fine of \$5 was imposed.

**Albert Henson & Co.**

Manufacturers of all kinds of  
**Whips, Lashes, etc**  
on sale at all harness shops.  
All Orders Promptly Attended to.  
Address: ORTON, Alta.

**FOR SALE or TRADE**

I have three Massey-Harris Binders, used one year, which I will trade for plowing or good farm horses.  
H. A. Walter  
Spring Coulee.

Subscribe for  
**The Alberta Star**  
\$1.50 per year.

**CARY SAFES**

We invite you to call and look over our goods during the time you are in Calgary enjoying the Dominion Exhibiton.

We will be represented there showing a complete line of

**Fireproof Safes**  
**Vault Doors**  
**Jewelers' Safes**  
etc.

and will be pleased to go into the matter whether you are desirous of purchasing at present or not.

Our representatives in the booth will be Mr. J. A. Young and W. E. Featherstone, who will gladly furnish you with catalogs, prices, etc., on anything in our line that you may require.

**Ford & Featherstone**

Offices and Warerooms  
55 King Street West,  
Hamilton, Ont.  
311 Alexander Ave., Winnipeg.

**UNION BANK OF CANADA**

Capital, Rest and Undivided Profits Exceed  
**\$5,000,000.**

Canadian Bankers' Association Money Orders, payable in all parts of

Canada and the United States, sold at all Branches.  
Drafts and Telegraph Transfers issued.  
Exchange bought and sold.  
Special attention given to Banking by Mail.  
Savings Accounts may be started with deposits of \$1.00 or upwards. Interest at highest current rate paid four times a year.

Cardston Branch. R. H. Baird, Manager.

The Government Judges at the Recent Agricultural declared

**Hansen's Purebred Shorthorns**

as fine a type as they had seen anywhere in the West.

**JAMES HANSEN, CARDSTON.**

THE  
**WOOLF HOTEL**  
**PIONEER HOTEL**  
OF  
**CARDSTON**

Rates \$1.50 per Day

Our Table Service is Unexcelled

**Pratt and Thompson**

THE  
**CITY MEAT MARKET**

Successor to Wm. Wood

A choice line of fresh and salt meats always on hand. Call on us

**R. REEDER, Mgr.**

**THREE VERY GOOD ONES**

Weekly Free Press, Family Herald and Weekly Star

The Alberta Star

All three one year for **\$2.00**

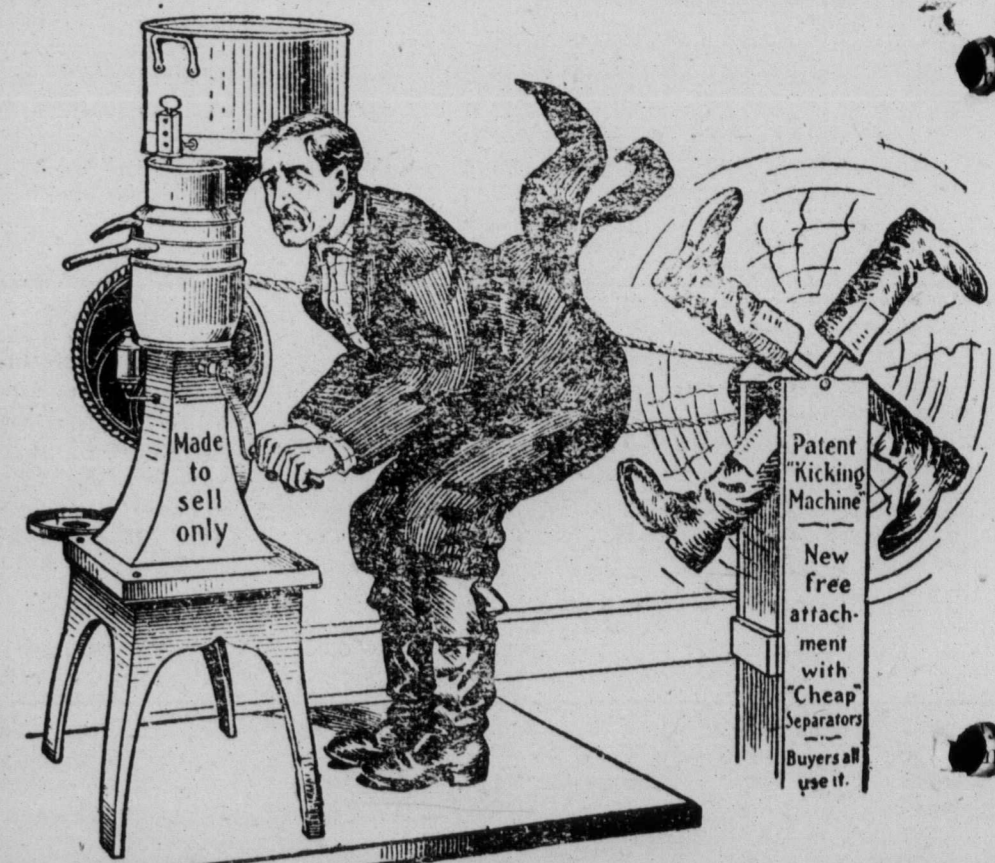
**LUMBER FOR SALE**  
AT THE  
**WATERTON MILLS**

Common \$20 No. 2 \$22.50  
6 inch Flooring \$26.00  
Siding \$24 Shiplap \$24

we have the finest and best Lumber in the Province of Alberta at the Kootenai Lakes 24 miles west of Cardston.

**CREAM SEPARATORS**

The accompanying picture illustrates how one buyer of a "cheap" cream separator feels over his great "bargain" and how he has arranged to punish himself for so wasting his money, time, labor and product.



DE LAVAL CREAM SEPARATORS may cost a little more in the beginning, but they always cost less in the end. If you are thinking of buying a separator, you will never have cause to "kick" yourself if you select a DE LAVAL machine. Send for new 1908 catalogue.

**THE DE LAVAL SEPARATOR CO.**  
14 and 16 PRINCESS ST., WINNIPEG  
MONTREAL NEW YORK SAN FRANCISCO  
TORONTO CHICAGO PORTLAND  
VANCOUVER PHILADELPHIA SEATTLE

Now is the time to buy and avoid kicking yourself next fall.  
**ROBT. IBEY**

Agent.

## Local and General.

Hosiery of all kinds at Burtons.

Mr. Lamson of the Standard Loan Co. was in town this week.

Mr. W. C. Siammons, M. P. was in town on Thursday.

Childrens Kid Top shoes assorted colors 45c at Burtons.

Japanese Fans 2 for 5c at Burtons.

Miss Emma Anderson left for her home in Raymond on Thursday.

A good Croquet Set for \$1.00 and a fine Hammyck for \$1.50 at Burton's.

Beet thinning is now on in earnest in the Magrath and Raymond Districts.

Miss Emma Anderson left for her home in Raymond on Thursday.

Mrs. F. Lamb went to Lethbridge Wednesday. She returned yesterday.

Mesdames Mark Spencer and J. W. Woolf returned from a visit to Salt Lake on Thursday.

Mrs. W. Wolsey left last week for the Pacific Coast, she will return via Salt Lake.

Gus. and Frank Austin left on Wednesday for Lethbridge, Frank returning yesterday.

The thermometer registered 83 in the shade on Wednesday and 84 on Thursday.

Mr. R. Yoeman of Toronto, asst. Secretary of the Canadian Birkbank Loan Co. spent a few days on business here this week.

During Dominion holidays Mr. Phipps will have a special fruit stand in the store formerly occupied by F. H. Snow.

A large assortment of Glassware is being given away at the Mercantile with every \$3.00 purchase, groceries excepted.

Water pitchers, berry bowls, cake stands, cream jugs, butter dishes etc., given away at the Mercantile with every \$3 purchase.

Miss Ida Stacey left Monday for her home in Magrath. She has been spending a few days here the guest of Mr. and Mrs. D. H. Elton.

Mr. J. W. Woolf is keeping a couple of teams at work on the Athletic Park and he will soon change the appearance of desolation which was left by the flood.

Gus. West, Foreman of the Waterton Mill, passed through here on Thursday. He has been to Lethbridge and brought two men back with him to work in the mill.

Service will be held in Presbyterian Church, next Sunday at 7.30 p. m. Strangers are especially invited. All welcome. Service at Spring Coulee at 3 p. m.

Mrs. D. H. Elton and Miss Ursula left on Monday for Lethbridge. They spent a couple of days enroute at Magrath where they were the guests of Mrs. James Stacey.

Mr. Fred Burton of the Raymond Rustler and the Magrath Pioneer was in town on Saturday and Sunday. Fred seems to be "clear gone" on that skating rink and spent most of his time on the Rollers.

The baseball boys say the reason that they did not beat the Magrath team is because they played on the 23rd, and that they were "hoodooed." However they expect to have the "hoodoo" laid before the next game. It will be "Skidoo" for the next team they play.

The grain has grown several inches in the last week, the hot weather being just the thing needed. There is a patch of Fall Wheat heading our nicely in the West end of town, some of it as seen cut for exhibiting at the Dominion Exhibition.

Owing to the coal having to be hauled from St. Marys Hill, the price per ton, delivered, will be \$7.30 or the usual price of \$5.50 at the station. Coal will be weighed at St. Marys Hill.

M. H. Woolf,  
Mgr.

Messrs Van Brown and W. Brown left on Wednesday for Calgary. They are the first committee that was appointed to take charge of the Cardston booth at the Dominion Exhibition. W. Straton and Martin Woolf are the next and Will Pilling and J. H. Jelliff the last, who will bring back the Exhibits.

Any quantity of Flags, Pistols and Pistol Caps at Burtons.

Post Card Albums at all prices at Burtons.

Orders taken for Strawberries for preserving. Prices will be reasonable. H. C. Phipps.

We are now making daily deliveries of ice, 10 lbs. or more morning or night. W. O. Lee and Sons.

Found in Mr. D. H. Caldwell's buggy about Conference time a shawl. Owner may have same by calling at the Star Office.

We will run both stage and bus on the afternoons of Dominion and Cardston Days to the Public square. Street car prices will prevail, only 10c for the round trip. Phones 3 and 55. W. O. Lee and Sons.

The grain has grown several inches the last week, the hot weather being just the thing needed. There is a patch of Fall Wheat that is heading out nicely just at the West end of town, some of it has been cut for exhibiting at the Dominion Exhibition.

### Why Not Try It?

Special to the ELTON PRESS.

There is perhaps no question in Alberta whose satisfactory solution is yet to be determined, of more importance than the growth of alfalfa. Inoculation, or the sowing of soil containing a certain kind of bacteria which are necessary for the growth of alfalfa, has already been tried with more or less satisfactory results. Yet there is some question about the complete success of the inoculation thus far put into practice. Within the last three years the state of New York has given special attention to the growth of alfalfa throughout that state. The constantly increasing demand for it in consequence of the growth of the dairy industry there has led to the most careful investigations, and at present alfalfa is grown in nearly all the countries of the state. The supposition that the growth of alfalfa was confined to certain localities west of the Mississippi has given way to the discovery that it was a question of bacteria more than a question of soil or climate and yet the character of the soil apart from the fact that it contains no bacteria is important in the growth of lucern.

It has been discovered, for example, that some of the New York soil is so acid that red clover does not do well in it and alfalfa will not grow at all. Even sandy soil is often in such an acid condition that it is not likely to grow alfalfa well. Clay soil, however is more subject to acid conditions. What they are now doing in New York is to sow lime or wood ashes on the land so as to neutralize the effect of the soil acid. It now looks very much from experiments there that lime would solve the problem of the growth of alfalfa, even where inoculation with proper bacteria soil has not been successful. The better practice there is to prepare the land to receive the seed and then apply from one thousand to two thousand pounds of stone lime per acre some weeks before the soil is inoculated, so that the caustic effect will be lost before the seed is sown or the soil inoculated.

It is not at all unlikely that much of the heavy soil of Alberta contains some acid; and if that be true the lime might solve the problem that in Alberta is of so great importance in the matter of the growth of alfalfa. It is true that some experiments in alfalfa are declared perfectly successful by inoculation. Such experiments were thought to be equally successful in New York, but after two or three years the alfalfa lost its deep green color and ceased to be so thrifty in its growth. Analyses of the soil from different localities could easily be made with a view of finding out whether they contained any acid and how much. Why not try the lime? The experiment might be of great future value.

J. M. Tanner,  
Salt Lake City, Utah.

We have a large stock of

## BLOTTERS

white and colored

We will print them for you in one, two or three colors

CALL AND SEE US FOR PRICES

"THE STAR"  
Job Department

## SLOAN & RAMPTON

General Blacksmiths

The only up-to-date and complete Shop in Cardston

MECHANICAL REPAIRING a specialty

Disc Sharpening With the only up-to-date machine in Southern Alberta. No job too difficult for us.

AGENTS FOR THE CELEBRATED PORT HURON ENGINES

—AND—  
THRESHERS

The best Plow Engine in the world

SHOP JUST NORTH OF H. S. ALLEN'S

GET YOUR  
**Furniture, Carpets  
Linoleums, etc.**

Where you save money on every purchase.  
The following is a sample of our special prices:

\$29 00	Dresser and Stand	\$22 10
25 00	Dresser and Stand	17 40
13 35	Cheffioner	9 75
18 00	Refrigator	13 75

**Beds, Camp Cots, Folding Cots,  
Springs, Mattresses, Chairs, Tables,  
Stands, Trunks, Valises, Telescopes,  
Club Bags, Carpets, Linoleums,  
Wall paper and the latest designs.**

All prices and kinds.

# Cardston Mercantile Co.,

LIMITED.

## Get your TIN & GRANITEWARE

at the

## Cardston Tin and Hardware Store.

Tinsmithing, Repairing.  
General Work

J. T. Noble

The Highest Paid Cook  
In Lethbridge  
IS EMPLOYED AT THE

# Hotel Dallas

HE HOLDS THE JOB BECAUSE HE  
"DELIVERS THE GOODS."

"The Proof of the Pudding  
is the EATING THEREOF."

## Did you read about it?

It is worth investigation.

Buy your underwear from us or our agents and secure a chance with every dollar purchase on the High Grade Singer Sewing Machine.

KNITTED RAIMENT FACTORY Ltd.



One of the Styles we are showing this season

# Spencer & Stoddard,

LIMITED

Cook Stoves  
Ranges  
Heaters

Wagons  
Buggies  
Farm Implemets

# Cardston Implement Co, Ltd.





