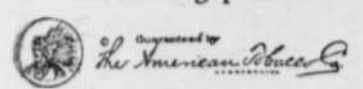




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No matter what kind of coffee you have been using—you'll never know how delicious, nourishing, refreshing, and truly healthful coffee can be, until you try—

BLUE PINE COFFEE

Tommy Spilled the Beans.
Mrs. Brown (to casual callers)—Why, how do you do? What a pity you didn't come a little earlier; we've just finished luncheon.
Tommy Brown—Oh, ma, aren't we goin' to have any more? I hadn't had half enough when the door bell rang and you all jumped up.—Boston Transcript.

Important to Mothers
Examine carefully every bottle of **CASTORIA**, that famous old remedy for infants and children, and see that it bears the **Signature of Dr. J. C. Fletcher** in Use for Over 30 Years. Children Cry for Fletcher's Castoria

Sure Relief
BELL-ANS FOR INDIGESTION
6 BELL-ANS Hot Water Sure Relief
FOR INDIGESTION

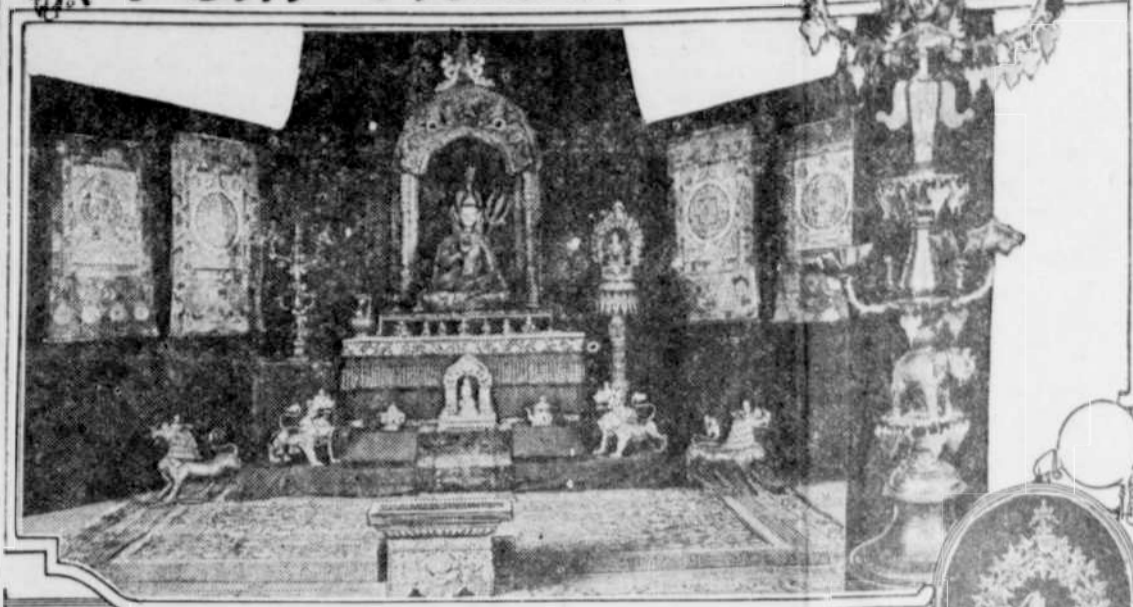


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Reg. U. S. Pat. Off.
PETROLEUM JELLY
A convenient, safe antiseptic for home use. Invaluable for dressing cuts and sores. A time-tried remedy.

SLOW DEATH
Aches, pains, nervousness, difficulty in urinating, often mean serious disorders. The world's standard remedy for kidney, liver, bladder and uric acid troubles—

GOLD MEDAL HARLEM OIL CAPSULES
LADIES

Buddhist Shrine From Thibet



Buddhist Shrine From Thibet

By J. H. DAVIES.
(American Museum of Natural History.)
HERE has just been placed on temporary exhibit in the American Museum of Natural History, New York city, a remarkable Buddhist shrine from Thibet, with Thibetan carpet, prayer-mat, temple guardians, altar vessels, images, sacred banners and holy book reciting the praises of Buddha. This is probably the finest assemblage of Thibetan religious objects ever brought together.

It represents a part of the collecting done by Alexander Scott, a British artist whose interest in Indian and Thibetan archaeology dates back forty years. For twenty-six years he made his home in Darjeeling, India, on the highway of Thibet. Before Sir Francis Younghusband's expedition into Thibet, Mr. Scott had coaxed and won his way into the land of mystery. Gifted as an artist and sympathetic as a scholar, his interest in Thibetan Buddhism, or Lamaism, was twofold, and resulted in personal friendships with the Lamas, or priests.

One of them, Dousand Up, was thoroughly grounded in Thibetan religious customs and traditions. He freely imparted to Mr. Scott detailed information and explanations of the many objects secured by him. This Lama took the highly enlightened attitude of being glad to explain his religion to the foreigners, in order, as he said, that they might see and understand its beauties and philosophical significance. As Dousand Up had a fine mind and a remarkable command of English, expressing himself after the manner of a cultivated Englishman, his assistance has been invaluable to Mr. Scott.

So completely was Mr. Scott accepted by one of his Thibetan Lama friends that on one occasion, when he remarked that an altar, which was greatly overcrowded, could be made much more beautiful, he was actually invited to rearrange it according to his own ideas. And when he had performed his task to his own satisfaction, not only did the Lamas delight in the changes he had wrought, but they made him gifts in token of their appreciation.

Mr. Scott was commissioned by the University Museum of Philadelphia to collect antiquities, especially sculpture of the Indo-Bactrian and Gupta eras. He obtained a splendid series of bronzes and other material for that institution, which is to be used as a basis for the building up of a collection illustrating the culture of Thibet and India.

The central figure is that of Padma (teacher) Sambhava, "the Lotus-born,"—the great "guru" or saint who 800 years ago entered Thibet, at the invitation of the Thibetan king, and became the first teacher of Buddhism in Thibet. Sambhava was a Hindu from Udyana and on his teachings were grafted the essentials of the Siva worship of the Hindus. It is to his influence that the strongly Hindu character of the rites and mythology of present-day Buddhism in Thibet is to be traced.

The other typical character of Lamaism is its admixture of demonology, a relic of Thibetan aboriginal "shamanism," the religion of ghosts and local demons. From the primitive shamanistic element arises the use of carved human bones in the making of religious regalia and other objects. The bones are the relics of very holy Lamas, long dead, who are supposed to be honored in the practice.

In all oriental religions, symbolism predominates and the shrine of Padma Sambhava, at the American Museum,



is an instance of this kind of significance.

The saint wears a mitre topped with a vulture's feather. As the vulture is the biggest and farthest flier, the feather here indicates that the doctrine of this "guru" is the most aspiring, and his knowledge the most noble and spiritual.

In his right hand he holds a "dorje" or thunderbolt, implying divine protection and eternal life. His left hand grasps the skull bowl containing blood or "amrita," ("sweet dew," the ambrosial food of supernatural beings), signifying blessings.

Resting lightly across his breast and against his left shoulder, leans a trident, its three points signifying that he has overcome the three vices, Lust, Anger and Sloth. The image is finely wrought in copper, and the face is coated with pure gold, highly burnished.

The shrine is flanked on each side by a great brass sacred lamp of exquisite workmanship. One of these is the finest Mr. Scott has ever seen. On the steps leading to the altar are a number of brass dog-like or lion-like figures, elaborately designed and inscribed. These are the guardians of the temple.

Stretched on the steps is a Ming prayer-mat at least 400 years old. The side walls are hung with beautiful banners in the sacred colors and symbols. On a carved stool set with turquoise and coral lies a holy book reciting in gold letters on dark blue parchment the praises of Buddha.

And most precious of all, spread before the altar, is one of the three Thibetan carpets known to exist—all of them being at present in Mr. Scott's possession. Tradition has it that carpets were once woven in Thibet, but for many years none has been known to be in existence. When, however, the first Sikh Maharajah, Golab Singh, was installed over Kashmir, tribute was sent to him from Thibet, and among the gifts were three beautiful carpets, all of the same size and of similar design. For the best part of 100 years these lay in the palace Tusha Khama or storehouse in Kashmir. Recently they were sold at public auction in Srinagar, where Mr. Scott purchased one and later obtained the others from two Indian nobles who had secured them at the auction.

The carpets, like the Thibetan prayer-mats, show Chinese taste blended with Thibetan symbolism, and were doubtless made in Thibet by Chinese weavers. Just as the carpets and mats show the influence of China, a large proportion of Thibetan metal-work strongly reflects Indian culture, as from time immemorial the Nevaris, or mechanics of Nepal, in India, have worked in metal for the Thibetans.

Laid on the shrine as votive offerings are many little images, some of gold inlaid with turquoise and lapis lazuli. In some cases, these are images of Krishna, probably left by Hindus who, without worshipping Buddha, reverence him and are willing to make gifts to his temples.

Most of these objects were looted from Thibetan temples by the Chinese

expedition which was sent into Thibet after the British, under Sir Francis Younghusband, had departed from Lhasa, the Lamaistic Holy City. A part of the Chinese expedition returned home by way of India, disposing of its loot to Parsee or Hindu curiosity dealers on the way. Thus many great rarities were for a time obtainable by connoisseurs lucky enough to be on the spot. And of these, Mr. Scott, as results show, was, thanks to his knowledge and experience, one of the most "lucky."

This Sir Francis Younghusband was born in India and served as British political agent in various parts of that country. In 1903 he was appointed British commissioner for negotiating with China a settlement of relations between India and Thibet. In 1904 he was at the head of an expedition that forced its way to Lhasa.

Thibet has always been a land of mystery—and is yet, for that matter, the region is one of the least known places of earth. It is there that an American expedition is searching for the "missing link," the earliest form of man. To the south of it lie the Himalayas and Mount Everest, as everyone knows, is the highest peak on the earth's surface (29,000 feet.) It has never been ascended and an expedition is now making a careful and persistent attempt to reach its summit.

Thibet itself appears to be the roof of the world; it is the most elevated country on the globe. The northern part is believed to have an average elevation of 15,000 feet. What the means can be imagined by anyone who has climbed Pike's Peak in Colorado, which is 14,155 feet high. The people are of the Mongol stock. The population is believed to approximate 3,500,000. There are supposed to be 50,000 lamas. These lamas are devoted to celibacy and live in monasteries, or nunneries, of which there are said to be 3,000. Many of these nunneries are of great size, housing thousands. Polyandry prevails among the people.

China has exercised a rule of sorts over Thibet since the Eighteenth century, more especially as to its foreign relations. Government appears to be largely local. For ages the chief authority rested with the Grand Lama, whose capital was Lhasa, a city of about 25,000 people.

In consequence of the 1904 British expedition under Sir Francis Younghusband, at least a part of the authority was transferred to the Grand Lama of Tashi-lunpo, near Shigatse. There is also a Chinese resident in Thibet. This British expedition forced various concessions in trade and in the foreign relations of the country, which for a century had been practically a closed nation. Thibet is principally famous, perhaps, as the seat of that form of Buddhism known as Lamaism.

was held most honorable. The Polynesians are known to have been adepts in the art, and from that time to this have been attracted to this form of beauty. These decorations have taken all sorts of forms, from the plain black and white work to that in the most variegated colors, to say nothing of the method of "push" tattooing which consists of cutting deep gashes in the desired design, filling them with clay and then letting them remain as a sort of cameo on the flesh.

Then why blame your husband whose nerves may have been pounded by coffee, and whose rest probably has been broken by the irritation of the caffeine it contains?

If you stay awake half the night you don't feel any too cheerful.

The caffeine of coffee and the thein of tea are known drugs. If their use is persisted in, sooner or later the nervous system may give way.

Then you may have insomnia, or disturbed sleep. Your nerves and tissues will be robbed of that stability essential for normal and happy living.

Genuine Bayer Aspirin

Never say "Aspirin" without saying "Bayer."
WARNING! Unless you see name "Bayer" on tablets, you are not getting genuine Aspirin prescribed by physicians over 21 years and proved safe by millions for

Colds, Headache, Rheumatism, Toothache, Neuralgia, Neuritis, Earache, Lumbago, Pain, Pain

Accept only "Bayer" package which contains proper directions.

Handy tin boxes of 12 tablets—Bottles of 24 and 100—All druggists. Aspirin is the trade mark of Bayer Manufacture of Monocrocarboxylic Acid Salicylates.

He Didn't Like the Name.
Harry had worn trousers for the first time on his third birthday. The next morning his mother called him: "Come, Harry, let mother dress you."
He replied: "Oh, mother, don't dress me. Please pants me."

Don't Forget Cuticura Talcum
When adding to your toilet requisites. An exquisitely scented face, skin, baby and dusting powder and perfume, rendering other perfumes superfluous. You may rely on it because one of the Cuticura Trio (Soap, Ointment and Talcum), 25c each everywhere.—Advertisement.

Rare Archeological Find.
Not long since, while visiting a gravel pit at Swarling, near Canterbury, England, in search of palaeolithic implements, Mr. Reginald Smith, of the British museum, and Dr. Ince, of Sturry, learned that the laborers there had unearthed vases of the late Celtic period, and their report induced the Society of Antiquaries to pursue investigations on the site. A fortnight's trial digging brought to light, within a confined area, no fewer than thirteen urn-burials, among them one rich tomb containing six complete pottery vessels, two bronze fibulae and an iron-bound bucket. The style of the objects, which show characteristic native forms just beginning to be influenced by Roman models, dates the grave approximately to the first half century A. D. Adjoining the cemetery were found the remains of an iron-smelting and enameling works of the same early date.—London Times.

Proceeding With Caution.
"What are your views concerning the tariff?"
"You ought to speak first," replied Senator Sorghum.
"Why?"
"Because you are an influential voter. As a patriotic yet practical statesman it should be my duty, as well as my privilege in this interview, to reconcile my opinions to yours as far as I can conscientiously do so."

Modern Girls' Progress.
Say what you want to about the modern girl, her costumes and her manners she has at least emancipated herself from the clinging-vine stage of development.—Detroit Free Press.

Economy enables some people to pile up a lot of money for the benefit of the get-rich-quick promoter.

Pray for health and walk five miles a day.

Obstructed
An old merchant who had a glass eye, custom to take out a tumbler of water each evening. He awoke thirsty, having on the drunk not wisely but mistake drank from the tumbler which he had not washed. He called for his wife, who was alarmed at the smell of her spouse, called to her and she said: "How can I see down below looking up?"—I

Work Really a
A great many people are without work but they never would have their proper conception if not a penalty but a

The Thousand
The Thousand Island given to a collection of the river from the eastern Ontario for about forty are located partly in N and partly in Canada. There are more than 1,700 islands in the group. Many of the islands have British accommodations during the summer

Whose fault is it when your husband is cross at breakfast?

If you hit your thumb with a hammer you wouldn't blame your thumb for hurting.

You can avoid this possibility if you'll stop drinking tea and coffee and drink instead, rich, pleasing Postum.

Postum is the delicious cereal beverage with a coffee-like flavor. It affords the advantages of a hot drink, without the ill effects of tea or coffee.

Order Postum from your grocer today. Try it with the family for a few days, and see what a difference there'll be—how it will permit Nature to bring sound sleep and strong, sturdy, quiet nerves. Sold by grocers.

Postum comes in two forms: Instant Postum (in tin) made instantly in the cup by the addition of boiling water. Postum Cereal (in packages) of larger bulk, for those who prefer to make the drink while the meal is being prepared) made by boiling for 20 minutes.

Postum for Health
"There's a Reason"

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SEE YOUR LOCAL PU
For loose leaf binders, at
all kinds. He gives G

BARBER CO
MOLER BARBER COLL
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Obstructed
An old merchant who had a glass eye, custom to take out a tumbler of water each evening. He awoke thirsty, having on the drunk not wisely but mistake drank from the tumbler which he had not washed. He called for his wife, who was alarmed at the smell of her spouse, called to her and she said: "How can I see down below looking up?"—I

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Cubeb Bes
The cubeb is the
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