

CHILDREN EDUCATION RECREATION

Woman and Her Interests

The TABLE
The KITCHEN
The GARDEN

EXTRA EXTRA SPECIAL

Beginning Tuesday, April 1st

Suits, Coats and Dresses, values to \$27.50, at **\$15.75**

100 Spring Coats, values to \$18.00, at **\$7.85 and \$9.85**

\$35.00 Suits, special at **\$22.50**

Come in and look them over—it will be worth while

Standard Cloak & Suit Co.
415 Washington Street

Union Made Shoes

Buy for your family and yourself

SHOES that are all **UNION MADE**, handled by **UNION MEN** in the only store owned and controlled by Trades Unions

THE PLACE

The Co-Operative Shoe Store
126 SECOND STREET

Salespeople Need Your Continued Help

Give Up The Old Custom of Shopping Saturday Nights

Let the Meat Cutters Have Your Assistance

Housewives and Mothers

if you desire to be fair to organized labor you will request your help, your daughter, your cousin; yes, everyone who is doing your shopping,

Not to Shop Any More Saturday Nights

WORKING PEOPLE BELIEVE, AS YOU DO, IN AN 8-HOUR WORKING DAY. GIVE PRACTICAL HELP TO THE MOVEMENT NOW.

THE BANK OF PERSONAL SERVICE

WE REALIZE The best asset any business can have is a large number of satisfied customers and have employed every requisite for the safety, comfort and convenience of our patrons.

We Pay 4 Per Cent. Interest on Savings Accounts

Merchants National Bank

Under Government Supervision

Founded 1886 Washington and Fourth Streets

Want Fewer Conventions.

Plans for increasing the fund for educational work in the National Association of Stationary Engineers by cutting down the expense of conventions and holding such sessions every two years instead of each year, are being submitted to members of the association throughout the country for a referendum vote.

Factory Inspectors Named.

August C. Hughes, of Tacoma, and C. H. Younger, of Kirkland, have been appointed by Labor Commissioner Olson of Washington as factory inspectors to look after the enforcement of laws governing manufacturing establishments and mercantile houses in their respective parts of the state. Both men are Democrats.

EDUCATION IN SEX HYGIENE.

Ignorance of Disease Cause of Great Loss of Life.

Recognition of their responsibility has resulted in a marked awakening of physicians to their obligations as leaders and teachers in the science of keeping well. The essence of preventive medicine is education, and physicians, by virtue of their training, experience and ideals, ought to be leaders and teachers. Yet, until within a few years their responsibilities were not recognized in the prevention of venereal disease and education in the hygiene of sex.

The earlier policy of silence and repression in regard to these matters is fast changing, not only on our part, but on the part of parents and educators. The sinister menace of venereal disease can hardly be overestimated. In the United States 770,000 males reach early maturity annually. At least 60 per cent, or 450,000 of these young men, will at some time become infected with venereal disease, 20 per cent before the age of 22, 50 per cent before 25, and over 80 per cent before they pass 30. This is the morbidity among males reaching 16 in any one year. Each succeeding year adds a similar group to the aggregate.

Syphilis and gonorrhea undoubtedly surpass in prevalence all other infectious diseases combined, and their immediate and disabling effects fall most heavily on the most active and productive period of life. Gonococcal infection alone is responsible for 80 per cent of all deaths from inflammatory diseases peculiar to women, 75 per cent of all special operations on women, and over 60 per cent of all the work done by gynecologists; 50 per cent or more of these infected women are left irretrievably sterile, besides the number whose offspring are stillborn, premature, weakly, diseased, or mentally defective.

Considering the terrible ravages of these diseases and their wide prevalence our efforts at preventive measures have been woefully inadequate, says the Journal of the American Medical Association. The community and state assume immense burdens in the care of victims of such conditions as deaf-mutism, mental defectiveness, general paralysis, blindness and many others. Yet the prevention of a large percentage of these conditions by prevention of syphilis and gonorrhea receives but meager attention. If bubonic plague had but a fractional percent of the incidence of these diseases, all hands would be joined to drive it out. Cholera in a civilized country today is no such social and national menace as venereal disease. We appropriate great sums to fight certain epidemic diseases and to maintain a rigid quarantine against them, but we are only now beginning to wage warfare against diseases which are as dangerous as any epidemic disease and far more dangerous than many.

There are various points of attack in this problem and various closely-related problems. But there is one point of attack in combating the spread of venereal disease which is justly regarded by many experienced workers as the most vital and strategic, and this is the education of the young. There has been an upheaval in pedagogic and social sentiment in the last few years regarding the question of sex-teaching in home, school and college. Conventional prejudice against such teaching is giving way rapidly, and results are already beginning to appear. Educators are coming to believe that these subjects have a rational and vital place in the educational system.

Prizes for School Essays.

A gold medal to the schoolboy or girl between the ages of 10 and 15, who writes the best composition, not to

exceed 800 words, on the repair and maintenance of earth roads, is to be awarded by Logan Waller Page, director, Office of Public Roads, United States Department of Agriculture, Washington, D. C. All compositions must be submitted to Mr. Page before May 15, 1913, and the medal will be awarded as soon thereafter as the compositions can be graded. The compositions may be based on knowledge gained from books or other sources, but no quotations should be made.

Only one side of the paper must be written on; each page should be numbered; the name, age and address of the writer and the name and location of the school which he or she is attending must be plainly written at the top of the first page.

FIND THE GOOD IN PEOPLE.

A contributor to the May American Magazine says:

"If there isn't some good in everyone, what are they here for?"

"Anybody can point out anybody else's bad qualities. If you want to distinguish yourself go around pointing out good qualities."

"Pick out the man whom everyone dislikes. Select the one you feel could best be spared from your office, from your circle of acquaintance, from the community in which you live. Ask yourself if there isn't something good about him. Put him on a mental dissecting table. Cut him to pieces and see what's in him. Remember—you are looking for the good. Throw away the bad in him and forget it. Make a list of his good qualities. It will surprise you how many you can find."

"The next time you hear him criticized, tell people the things you know about him—the good things. You'll at least be different, and you'll find that it does you more good than it does him."

"How would you feel if you knew that people, whenever they talked about you, talked only about what was bad in you. You know it's there, plenty of it, but you'd rather not have it talked about. It's much nicer to have only your good points discussed."

"Give the other fellow the kind of a deal you like yourself. If you can say nothing good about him, say nothing."

"There are mighty few people in the world we can't say something good about, if we try. The trouble is, we don't try."

"And yet, the more good you find in other people, the more good other people will find in you."

"Women, too, can make this experiment."

Spring Cleaning.

There's a smudge in the garden, a smoke in the air; a smell that's combined of burnt leather and hair. There's a girl on the lawn with a rake in her hand; there is woe and distress that spreads over the land. There are carpets to beat and big rugs to shake; there is dust everywhere that will make a man quake. There are stoves to come down, with their mazes of pipe; there are rooms to be cleaned, there are cobwebs to swipe. There are mattresses and floor covers that must go down—no wonder a man wants to get out of town.

Rich Bar Moving Pictures.

Brookline, Mass., said to be the richest town in the world per capita, does not permit moving pictures. The children of wealthy parents must find other amusement. They know nothing of the delights of the "movies."

Reputation.

After a man has made a reputation it's the trying to decorate it that generally gets him into trouble.—Puck.

PICTURE SHOW HEALTH PROBLEM

Polluted Air Likely to Cause Spread of Diseases.

The popularity of the moving picture theater as a form of cheap entertainment for the masses has directed attention to several of its undesirable features. In Chicago it is said that 250,000 persons, a considerable portion of whom are children, attend these theaters daily. Most of the theater buildings are cheap store-rooms, remodeled for the purpose, often without adequate provision for ventilation. It is estimated that the air in one of these theaters will pass through the lungs of the audience in from six to eight minutes. They therefore constitute, as the Chicago Health Bulletin remarks, one of the health problems called into existence by modern customs and conditions.

In cities all over the country the problem is practically the same, involving the role of contact or close association in the spread of "colds" and the various infectious diseases. It is a matter of observation that the incidents of the various infective diseases of childhood immediately increases on the opening of the schools in the fall, on account of the increased opportunity for contact between infected and non-infected children. It may, therefore, be reasonably assumed that the close contact in the moving picture theater is also a factor in the distribution of infectious diseases. Since it is not easy to exclude those who have diseases or who come from homes where disease exists, well-considered regulations as to ventilation and sanitation should be enforced for the protection of the public.

KANSAS SCHOOLS TEACH COOKING

Domestic Science to Be Taught All.

Making every Kansas schoolroom a cooking school is the latest plan of Kansas educators. W. D. Ross, state superintendent of public instruction, the state text-book commission, the state board of education, and the Kansas Agricultural College are at work on a complete home economics course for the common schools of the state. The domestic science department of the agricultural college, under the direction of Miss Adah Lewis, of the home economics' extension work, is compiling a text book and course of study for the domestic science work. The course is being arranged particularly for the country schools, where the girls have little opportunity for the practical demonstration of domestic science and where the scientific preparation of foods and the care of a home is taken into account less than in the cities.

Under the Kansas law, after 1916, every schoolteacher in the state must have had at least a complete high school course before a certificate can be granted, and one year's work in domestic science is also required of all school-teachers.

A course of study for the country schools which will be complete, is being arranged to meet the needs of a school with this equipment. The text-book is to be published by the state and sold at actual cost to the school districts and also to any pupil that may desire a text-book.

The domestic science work in the schools is to be limited to one hour each day, half of this time to be taken from the regular school work and the other half to be added after 4 o'clock each afternoon. With this small equipment the cooking classes are to be divided into three divisions. One division does all the mixing of the foods, another does all the cooking, and the third division is to set the table and then wash the dishes and put them away.

Childish Wit and Wisdom

Little Russell came across the picture of the Statue of Liberty and exclaimed: "Oh, mamma, look at the lady with the ice cream cone in her hand."

When giving a music lesson to a child one day, the teacher asked the question: "What is a trill?" The entirely original definition was, "A trill is a note that wiggles."

George, 4 years old, while playing with a ball broke a large window of a neighbor. His papa told him he would have to pay for the same out of his bank. This worried him very much.

Several evenings after, a gentleman called for a visit. He liked George's baby sister very much and offered to buy her for \$5. George climbed on his papa's lap and whispered: "Sell her; then we can pay for the window."

When Robbie had fever, between the ages of one and four, he would have spasms. When he was six he started to school, soon after which he visited his little cousin Ada, of the same age. "Robbie," said Ada, "in my school when we are not absent nor tardy for a week the teacher writes our names on the board with blue chalk and that shows we are to have a benefit. Did you ever have a benefit?"

Robbie, after thinking it over for a minute, replied in all seriousness: "Why, I don't know as I have ever had a benefit, but I have had common fits."

Even Up.

Mr. A.—I'm certain your butcher gives you short weight for your money.
Mrs. A.—But, consider, my dear, the long wait you gave him for his.

Household Helps

To save the heels of your stockings, line the heels of your slippers with velvet.

If a bag of sulphur is kept in the bird cage it will drive away lice in hot weather.

When ice cream is buttery the can has been turned before the mixture was thoroughly chilled.

A cupful of liquid yeast is equivalent to half a compressed yeast cake or a whole dry yeast cake.

When frying mush it improves the crispness if the mush is dipped in white of an egg before frying.

A few minced dates added to fudge as it comes from the stove will make a novel and dainty confection.

Celery chopped very fine and served with French dressing on hearts of lettuce is a delicious dinner salad.

Apricot bag or a quart jar slipped over the food chopper will prevent crumbs flying about when bread is being ground.

When boiling molasses or sugar candy rub the dish in which it is being boiled with butter all around about an inch from the top, and it will not boil over.

Boots and shoes, however damp, will polish in a few minutes if a drop or two of paraffin oil be added to the blacking. It also prevents the leather from cracking.

To freshen a skirt that has become mussed from packing or otherwise, brush carefully, so that all dust may be removed, and then hang over a tub of hot water.

To keep vegetables fresh and crisp, dip a muslin bag or flour sack (after it is cleaned) in cold water, wring it lightly, put in the vegetables and hang where the air can strike it.

To clean steel ornaments of rust and discoloration, rub them with a brush dipped in paraffin oil and then in emery powder. Polish them with a dry chambray. A lump of camphor placed in the box with them will keep the steel ornaments bright.

KILLING THE CHILDREN.

According to a census taken by the Board of Education of New York City there are 200,000 below the age of 16 who are working either to support themselves or to assist in supporting the family. In addition to these workers, 14,496 girls are engaged in housework beyond the control of the Labor Department.

Work is a physiological necessity, and a certain amount is essential to the wellbeing of children as well as adults, but the same amount under harmful conditions, i. e., poor air, poor light, room filled with dust, fumes, gases or vapors—is dangerous to health.

In pearl button making children are exposed to the fine glasslike dust coming from the shells, and, except where machinery is used, the Department of Labor has no law to improve conditions. The price of pearl buttons has risen, not because of higher wages (they are lowered), not because of securing adult labor (children's labor is used), but because the shells are becoming scarce.

In the felt hat industry children are exposed to mercury poisoning in the making of the felt, and to gas poisoning where the hats are shaped.

In jute mills and textiles, where wet spinning is done, children are engaged all day in a wet atmosphere, and exposed to the irritating dust. In dyeing they are exposed to the dangers of anilines.

In the flower and feather industry deadly wood alcohol is used for dissolving the dyestuff and children are exposed to the fumes. Cases are recorded of blindness and death resulting from exposure to such fumes.

In lacquering metal goods children are exposed to amylac and methyl alcohol, both dangerous to health.

In the pottery children are exposed to the fine clay dust, and in decorating china they are exposed to lead poisoning.

In glass works young boys are exposed to the fine glass which fills the air and the Labor Department is powerless to aid them.

Our Wasteful System.

It is an utterly irrational and immoral society, an insanely wasteful industrial arrangement, by which the bulk of the world's population is engaged in producing wealth it is never to enjoy. It is really a world of slaves who are living in and freedom, either of labor or spirit, is a fiction. Free labor and free men have no existence apart from a community of ownership and interest in production.

As the work of the world is now carried on, the production of things proceeds through the destruction of human beings, soul and body. And to close our eyes to this, to consent to a society that divides mankind into owners and workers, masters and servants, rich and poor, governors and governed, is indeed a hopeless infidelity toward life; is the most absolute atheism of which man can be guilty.—George D. Herron, in The Metropolitan.