

CHILDREN
EDUCATION
RECREATION

Woman and Her Interests

The TABLE
The KITCHEN
The GARDEN

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100 Spring Coats, values to \$18.00, at
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\$35.00 Suits, special at
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Come in and look them over—it will be worth while

Standard Cloak & Suit Co.

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Union Made Shoes

Buy for your family and yourself

SHOES that are all **UNION
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Portland, Oregon

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TIP-TOP BREAD

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Weekly Savings	Rate of Interest	Will in 5 Years Amount to \$100.00	Will in 10 Years Amount to \$100.00	Will in 15 Years Amount to \$100.00	Will in 20 Years Amount to \$100.00
\$1.00	4%	\$1.46	\$2.34	\$3.50	\$5.17
\$2.00	4%	\$2.92	\$4.68	\$7.00	\$10.34
\$3.00	4%	\$4.38	\$7.02	\$10.50	\$15.51
\$4.00	4%	\$5.84	\$9.36	\$14.00	\$20.68
\$5.00	4%	\$7.30	\$11.70	\$17.50	\$25.85

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MERCHANT TAILOR

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HELEN KELLER ON EDUCATION

Helen Keller has been contributing
to the Metropolitan a series of note-
worthy articles, dealing with modern
problems. Of women's education she
says:

The educated woman is she who
knows the social basis of her life, and
of the lives of those whom she would
help, her children, her employer, her
employees, the beggar at her door and
her Congressman at Washington. When
Shakespeare wrote "Hamlet," or whether
he wrote it or not, seems relatively un-
important compared with the question
whether the workingwomen in your
town receive a living wage and bear
their children amid proper surround-
ings. The history of our Civil War is
incomplete as taught in the schools if
years afterward the daughters and
granddaughters of veterans do not un-
derstand such a simple proposition as
this: "The woman who bears a child
risks her life for her country."

It is just such fundamental propo-
sitions related to the problems of life
which school education seems to ig-
nore. In school and college we spend
a great deal of time over trivial mat-
ters.

If we women are to learn the funda-
mental things in life, we must educate
ourselves to one another. And we few
who are unfairly called educated be-
cause we have been to college must
learn much, and forget much, if we are
not to appear as useless idlers to the
millions of working women in Amer-
ica.

Any girl who goes to school can
study and find out some of the things
that an educated American woman ought
to know. For instance, why in this land
of great wealth there is great poverty?
Any intelligent young woman like those
who write to me, eager to help the
sightless or any other unfortunate class,
can learn why such important work
as supplying food, clothing and shelter
is ill rewarded, why children toil in the
mills while thousands of men cannot
get work, why women who do nothing
have thousands of dollars a year to
spend.

There is an economic cause for these
things. It is for the American woman
to know why millions are shut out from
the full benefits of such education, art
and science as the race has thus far
achieved. We women have to face ques-
tions that men alone have evidently not
been quite able to solve. We must know
why a woman who owns property has
no voice in selecting the men who make
laws that affect her property. We must
know why a woman who earns wages
has nothing to say about the choice of
the men who make laws that govern
her wages. We must know why 150
of our sisters were killed in New York
in a shirt-waist factory fire and no-
body to blame. We must know why our
fathers, brothers and husbands are
killed in mines and on railroads. We
women, who are natural conservation-
ists, must find out why the sons we
bring forth are drawn up in line and
shot. We must organize with our more
enlightened brothers and declare a gen-
eral strike against war.

My father was a Confederate soldier,
and I respect soldiers. But I grow more
and more suspicious of political powers
that take men away from their work
and set them shooting one another. Not
all the military poems that I have read
have roused in me an heroic desire to
welcome my brother home with a bul-
let in his heart. We women have the
privilege of going hungry while our men
are in battle, and it is our right to be
widowed and orphaned by political stu-
pidity and economic chaos. To be sure,
we are not allowed to vote for or against
the man who declares war; but we can
instruct ourselves unofficially in these
matters.

We women must educate ourselves,
and that without delay. We cannot wait
longer for political economists to solve
such vital problems as clean streets,
decent houses, warm clothes, wholesome
food, living wages, safeguarded mines
and factories, honest public schools.
These are our questions. Already women
are speaking, and speaking nobly, and
men are speaking with us. To be sure,
some men and some women are speak-
ing against us; but their contest is with

the spirit of life. Let's wife turned
back; but she is an exception. It is
proverbial that women get what they
are bent on getting, and circumstances
are driving them toward education.

CHOOSING THE PICNIC OUTFIT

Outing Season Brings Problems of
Luncheon in the Woods.

There are five requisites for the
happiness of a picnic party—a perfect
day, agreeable company, delicious ed-
ibles, easily handled paraphernalia and
a good place for the feast.

One should not be beguiled by the
picturesqueness of a woodland brook-
side, with its nodding ferns. That cor-
ner is the gathering place of the busy
mosquito. A dry, shaded spot on the
outskirts of a forest or under a big tree
at the end of a meadow is an excellent
selection.

As to the company, each hostess must
judge for herself, but as to edibles and
paraphernalia perhaps a few hints may
be welcome.

Here, as at home, the meal must be
well balanced, writes a contributor to
the New York Tribune. There is a ten-
dency to carry too many sweets to the
woodland spread. Plenty of sandwiches
containing cheese, meat or egg mixtures
should be taken along.

As to cakes, leave at home those that
are likely to crumble or become
sticky on the journey, such as layer
cakes and eclairs.

Avoid all fruits that are so juicy
they cannot be eaten with the hand.
Many a person has thoughtlessly packed
oranges in the picnic hamper, forgetting
that finger bowls do not grow on trees.
Bananas and apples and other dry fruits
are more appropriate for such spreads.

If one possesses a refrigerator basket
and can carry it without trouble, salads
and other good things of a perishable
nature can be taken to make the feast
more attractive.

Tin boxes that crackers come in make
excellent sandwich boxes, and will keep
their contents as fresh as the nickel
boxes that come for the purpose in the
ready-made outfits.

Following is a list that is well worth
consulting if the family is planning a
picnic: Plates, cups, knives, forks,
spoons, napkins, tablecloth, jelly glass
or tinbox for butter, salt shaker, pep-
per shaker, tin cracker boxes for sand-
wiches, cake box, glass bottles for al-
cohol, cream, salad dressing, etc., box
for stuffed eggs or meat loaf.

Besides these, one must remember to
carry along the can opener, if one has
purchased canned goods.

A pan to hold drinking water is nec-
essary at most picnics, but remember to
take one of aluminum or paper mache,
as they are especially light in weight.

Wide-mouthed bottles which factory
pickles and sweetmeats come in can be
used for cream, salad dressing, chow-
chow or marmalade.

A stout pasteboard box is better for
holding cake than tin, because it is
lighter. Other foods, too, can be better
carried in neat pasteboard boxes.

Where Naughtiness Begins.

There would be fewer spoiled chil-
dren in the world if those who had
the care of little ones understood bet-
ter where naughtiness begins and ends
—so many children are habitually pun-
ished or scolded for tricks which, though
very aggravating, are in themselves
quite harmless, while other children are
allowed to commit really serious faults
without reproach, just because those
faults do not bring any disagreeable
consequences upon their elders.

Things One Cannot Buy.

People cannot buy the things that
make them happy. Neither can they
buy the things that make them agree-
able to other people, nor buy the friend-
ship of likable people, good manners,
position, pleasant natures, and the
other attributes of people with whom
association is a pleasure, are not the
possession of any one class, neither
are they more lacking in one class than
in another.

Well Trained.

"Do you know what discipline is?"
"I do, sir," replied the meek appli-
cant for a job. "I'm married."

VACATION SCHOOLS GROWING FAVOR

Three Times as Many in the United
States Now as There Were in 1909,
Says Report of Sage Foundation;
Need Is Proved.

According to a report by Clarence
Arthur Perry, just issued by the Rus-
sell Sage Foundation, there are nearly
three times as many vacation schools in
the United States now as there were in
1909.

In 1909 they were to be found in only
56 cities; by the end of 1912 they were
reported by 141 municipalities. They
are well distributed throughout the
country, and show each year a regular
rate of increase, and, in the opinion of
Mr. Perry, can be regarded no longer
as a fad, but must be accepted as a
development that is well rooted in bona
fide social benefits.

"The experience gained through the
new method of drawing children in off
the streets," says Mr. Perry, "has had
important effects upon educational the-
ories, effects which have already begun
to show in educational practice."

Most common among the activities of
the vacation schools are the following:
Basketry, sewing, woodworking, cooking,
sloyd, kindergartening, drawing, card-
board work, nature study, singing,
games and dressmaking. Among the
less common are iron work, reed work,
household arts, chair caning, millinery,
embroidery, knitting, dancing, shoe-
making and gardening.

The housekeeping course in the St.
Louis vacation schools is thorough.
Children receive instruction in the de-
tails of washing (rinsing, starching,
blueing and drying), ironing, sweeping,
dusting, scrubbing, polishing pans, wash-
ing dishes, cleaning windows, setting
and serving a table, making a bed,
hanging pictures, the care of lamps and
keeping the rooms in order. New ideals
of personal cleanliness are inculcated
through the daily use of the baths con-
nected with the schoolhouse. In Buf-
falo the pupils receive instruction in
swimming through the courtesy of the
Y. M. C. A. gymnasium instructor.

In the New York vacation schools
talks on city history are made more
impressive by excursions under the care
of the teachers to various historical
places. The children are prepared in the
classroom for the trips by being told
what they are to see and why it is sig-
nificant. In some seasons more than 200
excursions are made to points of his-
torical interest in and about New York.

TO PUT CURL BACK IN FEATHERS

The present fashionable ostrich feath-
er, although it is not so tightly curled
as the old-fashioned plume, looks even
more bedraggled and forlorn when it is
out of curl than the old one did. Yet
fogs and mists or rains are as frequent
as ever, and ostrich feathers are now
worn at all times of the day and night,
regardless of the weather. Plumetia
feathers were put forward to fill the role
of a feather which moisture would not
change, but they do not take the place
of the regulation ostrich feather.

There is only one thing to do if you
wear ostrich feathers, and that is to
learn how to curl them. It is as good
as impossible to send a feather to the
professional cleaner to be curled every
time there is a summer shower.

When the moist hat with feather
trimming is removed, put it, if possible,
near a fire. Heat often restores a good
deal of the lost curl. When this is not
possible, let the feather dry thoroughly,
and then recur it with a nail file, the
blunt edge of a knife, or some other
steel or silver blade which is not sharp.

Work with one or two of the fronds
of the feather at a time. Catch them
between the thumb and the blade near
the stem of the feather and slowly and
firmly draw the thumb and the blade
along the fronds to the edge. If neces-
sary, go over some of the feathers twice.

It is surprising how rapidly this curl-
ing can be done, and if it is carefully
done after a little practice the feather
will look quite as well as if it had been
curled by a professional.

Delicious Baked Apples.

One trouble with baked apples is the
tendency of the skin to be leathery, and
of the inner portion to shrink with ex-
cessive modesty to almost nothing.
These unwelcome results can be avoid-
ed by adopting the following method.

Peel each apple from the top to about
half way down. Core them and place
them in the baking pan with the peeled
half uppermost. Fill each cored hollow
with sugar. Then pour enough water
into the pan to cover the lower, unpeeled,
half of the apples.

When baked, the upper half will be a
delicate brown, the skin of the lower
half will be tender, and the water will
have been transformed into a delicious
sort of jelly, which can be served with
the apples.

Brides and Stingy Husbands.

For every man who is born stingy,
there are 99 more stingy by their own
folly.

They start the new home off on a
wild, unsystematic business basis.

"Go ahead and get what you like,"
says Tom in the first flush of honey-
moon happiness.

And the little bride takes him at his
word and is extravagant, only to be
pulled up with a sharp jerk that hurts,
and to be stung with unjust criticism
of her bad management and eventually
to decide that men turn brutes after
marriage.

End of the Honeymoon.

"I suppose I must consider my honey-
moon at an end now that my husband
is beginning to stay at the office until
late at night."

"Oh, no, dear. The honeymoon doesn't
end until the wife can go to sleep
without believing what he has to say
for himself."

WHOOPING COUGH FATAL TO MANY

Children Under Five Years of Age Usual
Victims of Disease.

According to the mortality statistics
compiled by the United States census
bureau in 1906, from a registration area
comprising slightly less than one-half
of the population of the United States,
there were 6324 deaths from whooping-
cough in that area in children under 5
years of age. The United States Public
Health Reports show that in 1910 the
death rate per hundred thousand was as
follows: Whoopingcough, 11.4 per cent;
scarlet fever, 11.6 per cent; measles, 12.3
per cent, and diphtheria, 21.4 per cent.

Reports from 30 states show that 6251
children died of whoopingcough, 4232
from scarlet fever and 9579 from diph-
theria in these states during the year
1911. The relative mortality from
whoopingcough, scarlet fever and diph-
theria is essentially the same through-
out the country, whoopingcough being
almost everywhere more fatal than
scarlet fever and less fatal than diph-
theria. Whoopingcough is an especially
serious disease in the Southern states,
as is shown by the fact that in North
Carolina 736 children died of whooping-
cough in 1911 against a total of 447
from scarlet fever, measles and diph-
theria combined. The death rate from
whoopingcough in North Carolina in
1911 was 32.2 per cent, against 11.4 per
cent for the whole United States.

It hardly seems necessary to give any
more statistics to prove what a serious
and fatal disease whoopingcough is, and
to show that, instead of being a trifling
affair as it is usually considered to
be by the laity, it is a condition of the
utmost gravity. "Any disease which
kills 10,000 children per annum is," as
Rucker says, "a serious one. If bubonic
plague were to kill that many children
in the United States in one year, the
whole world would quarantine against
our country. A child dead of whoop-
ingcough is just as dead as a child dead
of plague."

Ninety-six per cent of the 6324 deaths
reported from whoopingcough in the
United States in 1906 were in children
under 5 years of age. Fifty-seven per
cent of the fatalities were in the first
year, 23 per cent in the second, 8 per
cent in the third, 4 per cent in the
fourth and 2.5 per cent in the fifth year.

What is being done in this country to
limit the spread and diminish the death
rate from this dread disease, asks Dr.
John L. Morse of Boston, in a recent
issue of The Journal of the American
Medical Association. Surprisingly lit-
tle. It is a notifiable disease in only
29 states. The health officers of many
of these states say, moreover, that very
little attention is paid by physicians to
the law requiring notification. Isolation
is required by law in seven states and
"modified" isolation in two others. It
is recommended in another, but the
secretary of the board of health states
that it is rarely enforced. Few state
or city health boards make any effort
to prevent it, while there is almost no
provision for the hospital treatment of
whoopingcough in this country. For the
sake of 10,000 children annually sacri-
ficed to this disease Dr. Morse pleads
that the seriousness of this disease be
recognized and that its ravages be re-
stricted.

Whoopingcough should be made every-
where a reportable disease as in the case
of smallpox, scarlet fever and diph-
theria. The house should be placarded
and the inmates instructed by the health
authorities as to the seriousness of the
disease in infancy and the methods to
be employed to prevent contagion.

The patients should be separated from
the other children in the family, if they
are under 5 years of age, or the patients
should be removed to special hospitals,
constructed on the "shack" plan in order
to give the children the maximum
amount of fresh air.

Children with catarrhal symptoms, in
whom there is any reason to suspect
the possibility of whoopingcough,
should be excluded from school. The
community should be required to es-
tablish hospitals not only to take care
of those children that cannot be or are
not properly isolated at home, but also
to take care of those babies and chil-
dren ill with the disease that cannot
be properly treated in their homes.

It can be confidently predicted that
when the physicians and the public un-
derstand what whoopingcough really
means, when proper regulations for its
control are established and enforced
and when sufficient hospital accommo-
dations for its care are provided,
whoopingcough will cease to be the
 scourge which it now is.

Being Good Is Natural.

Being good is nothing about which
one should brag.

It's as much a duty to be good and
decent as it is to take a bath every day
and to comb one's hair.

Those who aren't good are weak and
lack control, and should be pitied.

We all feel terribly sorry for the
man who is crippled or the one who is
blind, but have little sympathy for the
one whose mind and soul are ill and
distorted and whose conscience is suf-
fering from paralysis.

A healthy body, a healthy mind, a
heart that is doing business and is
fully aware of the joys and sorrows of
life, what a fine combination and what
a genuinely beautiful ambition it is to
cultivate these three wonderful powers
for wholesome happiness!

Proper Care of the Body.

There's a deal too much time given
to thoughts of dressing the body and
too little time given to the more im-
portant matter of feeding it properly.

If you haven't health, if your com-
plexion is unsightly or wrinkled, your
figure bent and emaciated, your
pretty clothes won't count for much.
Begin at the foundation, which is the
health and vitality of the body.

Choosing the Lesser Evil.

The story is told of a father who,
fearing an earthquake in the region of
his home, sent his three boys to a dis-
tant friend until the threatening ram-
bles had passed. In a week he received
a wire from his friend which read:
"Please take your boys home and send
down the earthquake."