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EDUCATION
RECREATION

WOMAN AND HER INTERESTS

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THE GARDEN

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Cornmeal as a Food

Cornmeal as a food has been made
the subject of an exhaustive scientific
study by the United States government,
and a bulletin has just been issued by
the Department of Agriculture, giving
to housekeepers and others interested
the results of the investigation.

Sixty recipes for dishes made wholly
or in part of cornmeal are printed in
the bulletin, these recipes having been
tried at the experiment station. Some
of them are herewith given.

The study of cornmeal was made by
C. F. Langworthy, Ph. D., Sc. D., Chief
of Nutrition Investigations, and Caro-
line L. Hunt, A. B., Expert in Nutri-
tion. Their conclusions show that corn-
meal has two of the chief character-
istics of a perfect food—it is high in
nutritive value and can be prepared
in numerous palatable ways.

In regard to the composition of
cornmeal, the bulletin says:

"The average composition of corn
refined and dried for grinding is given
as follows: Water, 10.8 per cent; pro-
tein, which is of special interest be-
cause it is the nutrient which builds
and repairs the tissues of the body, 10
per cent; fat, 4.3 per cent; starch and
sugar, which with fat are the chief
sources of energy, 71.7 per cent; crude
fiber, 1.7 per cent, and mineral matter,
1.5 per cent. The fuel value, or, as it
is often called, the energy value, is
1795 calories per pound. When this
composition is compared with the aver-
age composition of the common food-
stuffs which make up the diet of the
majority of people—meat, dairy prod-
ucts, vegetables, fruits, etc.—it is found
to have a low water content, a low fat
content, a fairly high protein content,
a very high percentage of carbohy-
drates (chiefly starch), and very close
to the average amount of mineral mat-
ter.

"Few people wish to remember the
composition of foods exactly, but many,
particularly housekeepers and others
who are interested practically in the
food supplies of families or other
groups, wish to keep in mind in a gen-
eral way the composition of the foods
which they handle. For such people it
will be sufficient to think of the com-
position of corn in terms of tenths:
Seven of the tenths being starch; one,
protein, one, water; and the other tenth

being divided among fat, crude fiber,
and mineral matter in approximately
equal amounts.

"A detailed comparison of the com-
position of Indian corn and other cereal
grains (wheat, rice, oats, rye, barley,
Kaffir corn, millet, and buckwheat)
shows that these cereals differ little
among themselves in composition—so
little, in fact, that save where great
exactness is sought they can be con-
sidered as a group of interchangeable
foods so far as their nutritive value is
concerned. The average percentage of
protein in them is 11, the extremes
being 8 and 13 per cent Indian corn,
which has on an average 10 per cent
protein, falls slightly below the aver-
age for the group.

"Its fuel or energy value, on the
other hand, is the highest of all the
cereals included in the list, being ap-
proximately 1800 calories per pound,
or about 100 calories above the aver-
age. An explanation of this is found
in the percentage of fat, which is 4.3
per cent, the average in the cereals
being about 2.5 per cent."

The bulletin shows that cornmeal is
used as a food of the American people
to a greater extent than is commonly
understood. It is stated:

"Data as obtained in the nutrition
investigations of this department show
that over 60 per cent of the food con-
sumed by the people of the United
States on an average is of vegetable
origin, and that about one-seventh of
this, or 8.7 per cent of the whole, is
cornmeal. Of the total protein con-
sumed, animal as well as vegetable
cornmeal supplies 10 per cent; of the
total fat, 3.8 per cent, and of the total
carbohydrates, 13.7 per cent.

"Cornmeal compared with other food-
stuffs of a similar nature is a low-
priced food material, and when used
alone or with other equally low-priced
foods, makes economical dishes. Of
these dishes, which consist often of
meal, salt, and water only, each local-
ity where corn is used in large amounts
seems to have worked out its own pec-
uliar form.

"The Southern cook made hoeecake,
or corn pone or ash cake, cooking a
dough of cornmeal and water on a
board before an open fire, or baking it
in the ashes. The early New Eng-
lander had his 'hasty pudding,' made
by cooking cornmeal in a large amount
of water. This was so made that when
hot it was thin enough to be eaten as
a mush with milk, and when cold thick
enough to be fried in slices. The Ital-
ian has his polenta, which resembles
hasty pudding, except that it is usually
somewhat thicker and that a little fat
is added.

"The nutritive ratio of the ordinary
diet of a person doing moderate mus-
cular work is not far from 1.6, while
the nutritive ratio of cornmeal is about
1.10. In the well-balanced dietary,
therefore, cornmeal would not surely be
combined with foods of higher nutri-
tive ratio—with milk, meat, fish, eggs,
or cheese, for example.

"That the tendency toward taking
balanced rations is more or less in-
stinctive is indicated in the case of
cornmeal by the fact that almost every
locality which uses this food material
in large amounts has a characteristic
dish in which cornmeal is combined
with a substance richer in nitrogen.
Probably the best known of these
dishes in this country are succotash—
in early times made of dry corn and
beans as well as of the green—and the
mush and milk of the earlier settlers
of New England, and the hoeecake and
buttermilk of the South."

UNIVERSITY WOMEN AT WORK.

At least 12 distinct lines of work
are successfully followed by university
women, say the latest vocational sta-
tistics of women of the University
of Wisconsin. Of 2769 women gradu-
ates 1250 are engaged in gainful oc-
cupations—37.3 per cent in teaching
and 8 per cent in the other vocations.
Of the wage earners 82.2 per cent are
teachers. The other 17.8 per cent rep-
resent a variety of vocations—library
work, 5.5 per cent; social service, 2.7
per cent; clerical work, 1.6 per cent;
professional work, 1.4 per cent; liter-
ary work, 1.3 per cent; domestic econ-
omy and art (non-teaching), 1.2 per
cent; civil service, 1.1 per cent; agri-
culture, 1 per cent; business, .95 per
cent; pharmacy, .63 per cent; scientific
work, .32 per cent; economic service,
.08 per cent.

Consistency.

The minister is expected to be as con-
sistent as the woman who came on the
witness stand and, when the judge
asked her age, replied, "Thirty years."
"Thirty years old," said the judge;
"were you not in this court room five
years ago?" "I think I was, your
honor." "And didn't you tell me then
that you were thirty years old?"
"I think it is quite likely, your
honor," said the woman, wholly un-
abashed. "I am not one of those
women who say one thing one day and
another thing the next."—Rev. R. A.
White.

Wooden Spoons Used.

Wooden spoons are almost the only
kind used by the peasant class of Rus-
sia, which forms 77 per cent of the en-
tire population.

NEWEST SUMMER FABRICS.

Golfine is one of the new fabrics for
summer, and all kinds of embroidered
nets play a dominant part, says a
New York Times writer. One of
the smart frocks made for one who
goes to the Florida coast is of white
serim with a ragged pink dot worked
on the surface. It is effectively
trimmed with a sash of black ribbon
finished at the back with ends that
hang to the knees; this is a fashion
that survives without a strong rival.

There is a new kind of cotton crepe
that has been received with favor,
and the claim is made for it that it
does not shrink, as did its predecessor,
which was liable to go to the wash
as a gown and come home a handker-
chief. Many of the new frocks shown
by the smart dressmakers who have
imported models thus early in the
season are of net, usually embroidered,
sometimes in color, sometimes in
whites. The latter is much the pret-
tier.

Cotton velours is new, but it may be
warm for our dry, hot climate in sum-
mer. The materials that are usable in
the South have now been adopted in
the East and West, for women have
gained in the wisdom of suiting the
fabric to the conditions.

There is much talk about the new
weave of duvety which is more silk
than wool, and for that reason is said
to wear better. The newest use to
which this material is put is at a hat.
The color used is always white, and
the trimming simple. There is no
argument against it in millinery, but
there is no argument for it. Satin
is much better looking, and even
taffeta, especially the watered kind,
is far more attractive.

Cotton material with awning stripes
in color will be strongly advocated for
country and seaside use as soon as the
hot weather sets in.

One notices on every side a growing
fondness for apparel especially de-
signed for the country. The reason
is evident. The demand is strong.
More and more, as transportation of
the modern kind opens up the land
away from the city, the people desire
to live there, or, at least, pass as
much of their time there as work
permits.

It is good business to provide clothes
for this growing tendency. And it is
expedient to wear different apparel
in the country from the kind usually
adopted for the city. Women like
freedom in their country clothes, and
they have followed the lead of men
in adopting more vivid colors than
are allowable in town.

Such fabrics as awning striped cot-
ton could not be worn in any town
but a small one where the clothes are
practically what they are in the coun-
try. The broadly striped ginghams
which will be worn in one-piece frocks
are not for the town any more than
are the owning cottons. The Suther-
land tweeds, also the expensive silk
golf jackets, are among the ultra-
smart things brought over for Ameri-
can country life.

THINKS WOMEN ARE BABYISH.

Columbia Professor Suggests Part Time
Jobs to Relieve Men.

Dr. James Harvey Robinson, pro-
fessor of history at Columbia Univer-
sity, who was chief speaker at a femi-
nist meeting of the Woman's Forum in
the philosophy building at Columbia,
said that woman's present status was
due partly to nature.

"It is the lot of all of us to be
born babies," said Dr. Robinson.
"Women are encouraged less to out-
grow it than men. One thing that
possesses a baby is to be doing some-
thing, and whatever it does is at the
expense of some one else. Women
haven't been encouraged to leave the
baby stage soon enough. If they
weren't permitted to remain babies so
long their status would be different."

Dr. Robinson suggested that women
ought to have part time jobs and de-
voted the rest of the time to raising
families. He believes that men are
now the slaves of their jobs and that
if they would play part of the time
and give their jobs to the women
while they are playing both sexes
would be better off.

BABY!

What is a baby?
"About twenty-two inches of coo
and wriggle, writhe and scream, filled
with suction and testing apparatus for
milk, and automatic alarm to regulate
supply."

"It's a sweet and tiny treasure,
A torment and a tease.
It's an autocrat, an anarchist,
Two awful things to please.
It's a rest and peace disturber,
With little laughing ways.
It's a wailing human night alarm,
And terror of your days."
"The bachelor's horror, the mother's
treasure and the despotic tyrant of the
most republican household."
"A stranger with unspeakable cheek,
that enters a house without a stitch
to his back, and is received with open
arms by every one."

"A bold asserter of the rights of
free speech."
"A diminutive specimen of perverse
humanity that could scarcely be en-
dured if he belonged to any one else,
but, being our own, is a never failing
treasure of delight."

Organization is business sanity.

BUSINESS OR HOUSEWIFERY?

Who shall decide how the average
girl shall be trained? Society cannot
undertake to do so, at least not at the
present stage. Parents are seldom, if
ever, possessed of sufficient wisdom
to determine what their daughter's fu-
ture shall be. The daughter herself
occasionally, but infrequently, marks
out her own path along positive lines
and pursues it. In general the whole
matter is left to circumstances. In
this important particular the case of
the girl differs from the case of the
boy. He knows, almost invariably,
that he must enter some gainful occu-
pation. The girl does not. Her par-
ents do not. No matter what may be
the early calculations of either, possi-
ble changes such as do not affect the
career of the boy must be taken into
consideration.

Hence no more difficult social prob-
lem than that involved in the educa-
tion and training of girls presents it-
self. It is a common experience that
young women, literally unfitted by
education to contend with the stern
actualities of life, are suddenly forced
to seek a means of livelihood; it is,
on the other hand, an equally com-
mon experience that young women
educated to some of the arts, crafts
or callings, at great cost and sacrifice
to their parents, suddenly abandon all
that a career holds in store for them
for the sake of a home.

Pending a social readjustment that
shall lead to a satisfactory solution of
the problem, many parents are now
adopting the plan of obtaining, re-
gardless of future possibilities or prob-
abilities, such a training for their
daughters as will enable the latter, if
circumstances require it, to make their
own way. This would seem to be a
sensible precaution; yet the tendency
is one that has serious drawbacks. For
instance, it is bringing into the labor
market thousands of young women
who have no intention of continuing
in it, but whose presence, neverthe-
less, affects unfavorably the oppor-
tunities of those whose trade or busi-
ness careers are fixed. Again, by
flooding the labor market it lessens
young men's opportunities for home-
making. Lastly, it tends to relieve
young men, to a lesser or greater de-
gree, of the responsibilities that go
with matrimony, since many of them
will expect their wives to share in
the financial maintenance of the home.

What one draws from this glance
over the situation is the impression
that primal social conditions are un-
settled. Invention, expansion, indus-
trialism, commercialism, all the influ-
ences contributing toward making the
present an extraordinary period in hu-
man history, are affecting the social
fabric. But the disturbance will be
but temporary. There are indubitable
signs of rearrangement and readjust-
ment even now. The natural order of
things is certain to assert itself, and
the natural order, viewed as the right-
ful order, having brought the race
down to its present stage of devel-
opment, is not likely to fall at this
juncture. Men and women will soon
again find their proper places in the
domain of endeavor and achievement.
—Christian Science Monitor.

WOMEN ARE BEST STUDENTS

Attain Higher Standing at University
Than Male Competitors.

Forty-five years ago women first en-
tered the University of Missouri. To-
day there are more than 650 enrolled
out of a total of about 2,600 students.
September 20, 1869, women were first
allowed to attend the university.

There are few school activities in
which women do not now take part.
They have their own social organiza-
tions, their honorary organizations,
even their athletic teams. Now they
are starting a fund to aid university
girls.

The scholarship of women is consis-
tently higher than that of men. Pi
Lamba Theta leads the honorary frater-
nities with an average of 116 per
cent. One social sorority has a stand-
ing of 107 per cent. The university
women as a whole average 100.5, as
compared with the men's standing of
95.3.

ACTIVITIES OF WOMEN.

There are more than 1000 women suf-
frage organizations in the United
States.

Bachelor girls outnumber marriage-
able men in San Jose, Cal., three to
one.

It is estimated that 75 per cent of
the laws have to do with home in some
way.

A bill providing for women judges
in the Children's court has been in-
troduced in the New York Legislature.
There are two wage earning women
to every five wage earning men in
Great Britain.

In Denver a woman can sign her
husband's name to a check even when
the bank account is in the latter's
name.

Mrs. Charles Coulter, of Vancouver,
wore a pedometer for one month, at
the end of which time she found that
she had walked over 400 miles in doing
her household duties.

Tom—Jack said he was too bashful
to ask Helen to marry him last night.

Bob—Well, I suppose about midnight
her father came down and helped him
out.—Cornell Widow.