

**CHILDREN
EDUCATION
RECREATION**

WOMAN AND HER INTERESTS

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THE KITCHEN
THE GARDEN**

**THE FAMOUS
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**LITERARY CLUBS AND WOMAN
UPLIFT.**

There appears to be much need of
just such discussions as that which
took place at the recent annual con-
ference of the Federated Women's
Clubs of the eastern district of Penn-
sylvania in relation to the part the
literary woman's club has played in
paving the way for the movement
that is leading women into civic and
political activities. In these times,
when women's clubs, as a rule, are
broadening the scope of their pro-
grams so as to include subjects long
monopolized by men, there is too much
of a tendency to forget the days when
those programs were of a literary or
cultural character almost exclusively,
as there is also too much of a ten-
dency in the modern women's clubs to
relegate literary and cultural effort to
the background.

It is very true, as asserted at the
conference named, that the literary
club for women contributed greatly
toward preparing women for the ac-
tivities they have undertaken in these
later years. The reading and study
which the literary program compelled
opened the eyes of women at once to
their capacity for acquiring knowledge
and their ability to make use of it.
It did more than this. It opened the
eyes of many of them to the opportu-
nities and the recognition of which
established custom had deprived them.

Women can hardly afford now, not-
withstanding the temptation, to neg-
lect the literary and cultural features
of their clubs for what may be called
the utilitarian. As one of those who
engaged in the Pennsylvania discussion
put it, women now more than ever
need to be broad intellectually, and
they cannot better achieve the culture
necessary to a comprehensive under-
standing of affairs than by reading
and studying, by making history their
own and by going back to the best
literature for inspiration.

Civics, economics and politics are all
very well in their way, but knowledge
of them alone does not constitute com-
pleteness. They must be balanced.
Too much civics, economics and poli-
tics may set the woman movement
backward rather than impel it forward.
On the male side, the country has been
overdone with the non-cultural in
public affairs; on the female side an
improvement of this condition is hoped
for and expected. We see no good
reason why refinement should not take
the place of roughness, finish of crude-
ness, polish of vulgarity in all the
walks toward which the women are
turning their thoughts and their steps.
We can see many reasons why wo-
men should desire and strive to be the
means of improving popular taste, and
no more certain way of attaining this
end than by setting examples and es-
tablishing standards. If man has
driven culture out of ordinary public
affairs, it is woman's opportunity to
restore it.

TEACHING GIRLS HOW TO BUY.

It is just as essential to good
housekeeping to know how to lay out
the weekly allowance as it is to know
how to make beds, to cook, or to sew,
says the Christian Science Monitor.
There are thousands of girls who are
competent to perform the duties of
the housewife in other respects but
who do not know how to make the
most of the money they are entrusted
with to meet the running expenses of
the home. Although much is made,
and properly, of the buying of table
supplies in the best markets at the
lowest prices and with a view to the
most economic results, yet a house-
wife's purchasing tasks do not end
here, and it is in the manner and
method of her general purchases for
herself, for her husband, and for the
family that her efficiency as a help-
meet must be judged.

When all is said, the old contention,
that it is not so much the income as

the outgo that determines the rate
of progress toward independence, holds
good in the main. There is danger of
becoming platitudinal in dealing with
this subject, but even at that risk it
is impossible to avoid saying that the
cost of living would hardly be much
of a burden to most people if they
were as careful about regulating their
outgo as they are about maintaining
their income. It is the spending of
the money more than the getting of
it that determines the weekly or
monthly or yearly balance on hand, or
the deficit.

And it is estimated that woman
spends at least nine-tenths of all the
money disbursed for household ex-
penses. This leaves one-tenth to be
used by man for his clothing, his club,
his automobile, his horses, his general
recreations and amusements. That al-
lowance, taking man in the mass, is held
by many to be above the mark. It is
contended that woman comes nearer
spending nineteen-twentieths of all the
money that goes out for the main-
tenance of the home and the family.

Taking either estimate, it is clear
that woman occupies a tremendously
important figure in world economics,
and it seems as clear as daylight that
as a girl she should be taught how to
meet the responsibilities in this re-
spect that come to her as a wife and
a mother. The Monitor, in its house-
hold page, has told of a step taken
toward teaching the art of buying, or
the art of shopping, in one of the
large colleges for girls. This art, or
these arts, should be taught in all
schools and colleges for girls. The
ability to buy means for a woman
the ability to conduct the home within
the income of the husband, to save,
to procure comforts that extravagant
living makes impossible, eventually to
insure a large measure of family ease
and independence. It is necessary to
the fullness of womanhood that the
wife and mother shall be something
more than a housekeeper, but if she
be a good housekeeper all the other
accomplishments she may be possessed
of will rest upon her gracefully. And
this would hardly be the case if the
conditions were reversed.

SAVE TEETH OF THE CHILDREN

**American Museum of Safety Wages
Campaign to Improve Health.**

Figures compiled by the American
Museum of Safety show that there are
upwards of 12,000,000 school children
in the United States with defective
teeth. In many schools this represents
approximately 50 per cent of the pu-
pils, but in some schools the number
runs as high as 98 per cent. In Great-
er New York 125,928 cases of defective
teeth among school children were
found of which 57,580 were in the
Borough of Manhattan. Approximately
50 per cent of these cases were re-
mediated by the dentists of the depart-
ment of health.

The American Museum of Safety is
making a strong effort to teach chil-
dren the extreme importance of car-
ing for their teeth, and for this pur-
pose has imported from Germany a
number of big cross-sectional models
of teeth which show graphically var-
ious stages and conditions of decay
and destruction.
Regarding this particular branch of
the work of the American Museum of
Safety, its president, Arthur Williams,
said:
"Teaching school children the prop-
er care and preservation of their
teeth is the very foundation of safety
work. Not only will it make them
healthier and happier men and wo-
men, but it will train them in caring
for and protecting the rest of their
bodies when they grow up and go to
work. A boy or girl could have no
greater physical asset than a sound set
of teeth. It means good digestion and
a clear brain."

HELPS FOR THE HOUSEKEEPER.

When boiling greens the unpleasant
odor may be absorbed by putting a
piece of bread tied up in muslin in
the water in which they are cooked.
Ordinary lemonade will make a de-
licious, refreshing drink when sweet-
ened with maple syrup instead of
sugar.

Use five full tablespoonfuls of olive
oil to one quart of dry beans to be
baked. They are delicious.
If food is oversalted, add a little
sugar.

Black bean soup is almost a meal in
itself.
To prevent milk from burning rinse
the saucepan in clean, cold water be-
fore pouring the milk in it.

In buying split peas always get
those that have had their skins re-
moved.

Mutton, when good, is bright pinkish
red in color with firm white fat.

If salt fish is required for im-
mediate use, it will freshen much more
quickly if soaked in milk instead of
water. Sour milk will answer as well
as sweet.

In cooking very sour fruits, put in
a very little salt, and much less
sugar will be necessary.

To cut radishes to represent tulips,
wash round radishes, with a sharp
vegetable knife at root end making
six incisions through skin, running
three-fourths the length of radish.
Pass knife under sections of skin and
cut down. Place in cold water and
sections will fold back.

The spectacle of a man with a future
marrying a woman with a past is ever
present.

The Handicap of Poverty

By Mabel Fiske-Barnett.

Is poverty a serious handicap to the
talented and ambitious woman? Many
times has this question been asked
and answered in its various ways. The
reply made by a girl just entering
womanhood voices the sentiment of
the majority.

"I know I have more than ordinary
ability, but I will never achieve suc-
cess. I cannot, simply because I am
too poor."

It is deplorable that she, and the
vast number of her kind, have taken
a view so prejudiced. It is most un-
fortunate because it will not be her
poverty, but her state of mind, coupled
with her lack of ambition and energy,
that will ruin her every chance in
life.

One of life's strongest winning
forces consists in being handicapped.
If there is no handicap to overcome
there is, more than probably, no de-
velopment of character making one
large and strong enough to embrace
the opportunities leading to success.
Success must grow out of difficulties,
and the most precious of these diffi-
culties is hard work. It is certain
that hard work and mean fare make
a formula for success that cannot be
held in disdain, since they furnish
such excellent means for growth of
character. All down the centuries
the world's great men have realized
this fact. Years ago Napoleon laid
particular stress upon determination
in character as one of the chief step-
ping stones to success.

"The truest wisdom is a resolute
determination," he declared. How
rarely do we find an adequate amount
of this in the man or woman born to
wealth?

"In the lexicon of youth, which
fate reserves for bright manhood,
there is no such word as fail," dra-
matically asserts Bulwer, who held the
same opinion.

Seldom indeed do we find in the
weak natured and self-complacent rich
a resolve to prove these assertions.

The difficulty of gaining an edu-
cation forms a great hindrance to the
talented poor. Many on this account
fall away from the vague and rough
path leading to success. But those
few who keep to the rugged way and
if need be fashion a new one for
themselves, deserve the admiration of
the world. Eventually they receive it,
too. We hear occasionally of a poor
country girl, perhaps with some phys-
ical defect, or a city one bred in the
dire poverty of the slums, working her
way through college and winning her
niche among the famed. How we re-
spect and admire such ones, and the
thing we most admire in them is not
their talent but their superiority of
character. We know they are now
where they are principally because of
their handicap. These have nourished
and developed their latent good qual-
ities and have thereby placed the goal
within their reach.

A decided advantage has the poor
girl over the rich from the financial
point. When fame and wealth come
to her she will know well how to
keep them. She will never forget her
bitter experiences while groping
through the vale of poverty, and a
dollar will be more carefully guarded
by her than by the sister who has
never learned its value. "It is only
three generations from shirt sleeves to
shirt sleeves," is a truthful saying
when applied to many among those of
wealth.

There is still another gain for the
woman from the home of poverty. Her
early hardships will develop in her,
in nine cases out of ten, a sympathy
and love for all humanity that will
cause her to rise higher and higher in
her work. Selfish interests, selfish
aims, invariably narrow and warp the
mind, and thus greatly undermine its
usefulness. But the one who puts
down her ear to the heartrending cry
of humanity, and rises to stretch forth
her helping hand, finds her reward in
a mind and nature doubly enriched by
the contact.

"That day is best wherein we give
A thought to others' sorrows:
Forgetting self, we learn to live,
And blessings born of kindly deeds
Make golden our tomorrows."

Our little word poor, like its op-
posite, rich, has several shades of
meaning. We may speak of the poor
home of the rich or of the rich home
of the poor. As environment has
much to do with spurring on the
faltering youth, the girl or woman so
fortunate as to come from the poor
rich home, instead of the rich poor
home, is to be congratulated indeed.

Such a home is one in which good in-
fluences abound, where a loving
mother and father instill in their
daughter a feeling of her own share
in the responsibilities of life, where
she acquires, where she learns her first
lessons in the education of hand and
heart, that luxuries are not for her
unless she earns them because they
would involve the self-denial of those
she loves, and where she is taught
that she must not live to be a burden
to those about her, but live to lighten
the way for those more heavily bur-
dened than herself.

Poverty may check the progress of
many, but it will not do so to the
few who are great enough to scoff at
it and trample it beneath their feet.

For the encouragement of those who
have lost heart let us glance at a
few celebrated names that were lowly
born and rocked in the cradle of pov-
erty.

The greatest of poets, Homer, 850
B. C., at one time begged his bread
through no less than seven different
towns. Demosthenes, the Greek, who
astonished his world by surmounting
difficulties believably unsurmountable,
was the son of a cutler. Virgil, the
son of a porter. Copernicus, the one
introducing the modern system of
astronomy, the son of a baker. An-
drew Jackson, seventh President of
the United States, was the son of an
Irish immigrant friendless as well as
penniless. Stephenson, the inventor of
the locomotive, and Watt, perfecter
of the steam engine, were both poor
and lowly born. The early poverty of
Daniel Webster is well known to his
countrymen. It is told of him that
when a student at Dartmouth, he was
so poor a friend decided a recipe for
greasing his boots would be of help
to him, so, accordingly, he furnished
one. The acknowledgment of the gift
held the following information: "But
my boots need other doctoring, they
admit water and even gravel-stones."

Other illustrious examples in Amer-
ica are those of Lincoln enduring his
"pretty pinching times" in his
father's log cabin, and Edison start-
ing out in life as a newsboy. In the
business world we find John Wana-
maker beginning his life's work in a
brickyard, John Jacob Astor beating
furs for Hayman Levy at one dollar
a day, Cornelius Vanderbilt transport-
ing garden truck from Staten Island
to New York City, and James J. Hill
a shipping clerk in St. Paul.

**INSTRUCTING WOMEN IN BANK-
ING.**

Marking another wide departure in
the attitude of men toward women in
ordinary affairs is the tacit agree-
ment among the former to cease rid-
iculing the latter because of her igno-
rance of certain things in regard to
which she formerly received little or
no instruction, and a tacit agreement
to enlighten her instead. Take a
single instance for illustration: A
woman's relation to her checkbook
was long a source of great amuse-
ment to men. It was said among them
that a woman felt herself entitled to
write checks on her bank as long as a
check remained in her checkbook. Per-
haps the ground for this was the fact
that many women were careless in
keeping amounts on their stubs. No
doubt the banks have had, and no
doubt they still have, considerable
difficulty in holding the drafts of some
women within the limits of their de-
posits. It may be taken for granted
that there were, and that there are,
women who habitually overdraw their
accounts. But a poor way of break-
ing them of this habit is to charge the
entire sex with lack of a proper sense
of responsibility.

In the American West several of the
banks adopted a better plan long ago,
and this plan has now been adopted in
New York and in other parts of the
East. It consists in the establishing
of a department for the special pur-
pose of teaching women depositors how
to keep their bank accounts. Here
women are instructed how to do the
very things which through the past
they have been ridiculed for not doing,
or for not knowing how to do. They
are shown clearly that the only claim
they have against the bank, and the
only one a well-managed bank will
recognize, is the claim of credit. This
in the case of women, ordinarily, is
represented by the cash balance of de-
posits, and it can be maintained only
they are taught, by maintenance of
the cash balance at a point at least
equal to their check drafts upon it.
When they check out more than they
have in, they are told, the situation is
reversed; instead of the bank being
under obligations to them, they are
under obligations to the bank. They
are shown, moreover, that while they
themselves, or some of their male rela-
tives, make good their overdrafts, this
method of doing business is too un-
satisfactory to be long acceptable to
any bank, and that if they would like
to have the privilege of a checking
account continued, they must keep the
account accurately and put the bank to
less trouble.

All this is constructive. It is con-
structive notwithstanding that the in-
struction may sometimes be so positive
as to offend the sensitive woman
patron. The banks that have set the
new system on foot recognize the fact
that woman is becoming more and
more of a factor in the world's affairs,
and that the time has come to set her
right touching some methods of doing
business where she has heretofore, in
too many instances, been wrong. On
the whole, even if, under this new
plan, she must be brought up sharply
now and then, the situation marks a
tremendous advance beyond the ridi-
cule to which she has been so long
subjected.

Teacher—Bobby, what does lazy
mean?
Bobby—Lazy means always to want
your little sister to get it for you.