

CHILDREN
EDUCATION
RECREATION

WOMAN AND HER INTERESTS

THE TABLE
THE KITCHEN
THE GARDEN

THE FAMOUS
Department Store

CATER TO
THE WORKING MAN

Everything for Men, Women and
Children in Ready-to-Wear Hats,
Shoes, Clothing for the whole Family

THE FAMOUS
Department Store

165-167 First Street
OUR CLOTHES
ARE UNION MADE

You can procure bread bearing this
Union Label



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JEWEL BAKERY
291 GRAND AVENUE
Phone East 124

The Old Reliable
**SUNSET CREAMERY
COMPANY**

Manufacturers of
Butter and Ice Cream
Phones Main 52, A 4211
281 First Street Portland, Oregon

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BUSINESS COLLEGE
and TELEGRAPH SCHOOL
Fourth Street Near Morrison
Write—No Trouble to Answer

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THE ALBINA
HOUSE FURNISHER
Houses Furnished Complete
Cash or Installments
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Telephones: Main 7215; A 3121
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Choice Cut Flowers, Floral Designs
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We solicit the trade of union families.
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Staple and Fancy Groceries
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"The Store That Does the Business"
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We Give Stamps
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E. Virgilson & G. Simon, Props.
Fresh Candies Made Daily
20c Per Pound
We Cater to Union Trade
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Will satisfy you if you are dissatisfied with the bread you are
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All ingredients in Butternut Bread are accurately weighed by automatic
scales, and the flours carefully blended.

Made by the U. S. Bakery

Get the Best in
MILK, CREAM AND BUTTER
Portland Pure Milk and Cream Company

We Carry Fire and Burglar Insurance for Protection of Our Customers
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Hays & Hays, Proprietors
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Prompt and Careful Attention Given to Express Orders
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Look for the Trade-Mark Cap
Butter, Cream, Milk and But-
ter Milk of absolute purity—
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by us.

Milk That Stays Sweet in Hot Weather

Damascus Creamery
Call up East 3240 or B 4155



SCHOOL BOOKS

Sold and Exchanged
We have new and second hand
Hyland Bros.
168 Fifth St., opposite Post Office
211 Second St., near Salmon.

HAARON GLASOE,

HIGH-GRADE WATCH REPAIRING A
SPECIALTY
All work guaranteed. Does what is
right, whether it pays financially or not.
125 1/2 First Street Near Washington

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Shoe and Repair Factory
Our Motto: "Quality and Quickness"
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**Heidelberg Restaurant
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Open Day and Night. Private Rooms
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333 YAMHILL STREET
Between First and Second

Portland Candy Kitchen
245 MORRISON ST.
Home Made Candies Made Fresh Every
Day.
We Cater to the Union Trade.
Give Us a Trial.

THE ROYAL COFFEE STORE
Coffee Roasted at our Store
Dealing in Coffee, Tea & Spices. We
Guarantee the Purity and Quality
of Our Coffee.
We Cater to Union Trade
Phone Main 4109
152 Second Street Near Morrison

THE KANDY LAND
High Grade Candies, Fresh Made Every
Day. We Cater to Union Trade.
Prices Right—20c per lb.
GEO. J. WETLE, Prop.
230 Alder, and Yamhill Market, 2nd and
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J. E. Kelly's Family Liquor Store
Importers—Wholesale and Retail
Main 28, A 2802 354 Morrison St.

Phone Marshall 3205
DR. A. W. KEENE
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NEW MAJESTIC THEATRE BLDG.
Park and Washington Streets
Entrance 351 1/2 Washington Street.
595 1/2 First St., cor. Salmon Sixth and Burnside

FOODS IN COMBINATION.

Not all housekeepers may be familiar
with food combinations that are most
pleasing and regarded as correct. Good
Housekeeping gives the following:

With veal, serve either tomatoes,
spinach, cauliflower, or Brussels
sprouts, and boiled rice.

With calves' or lambs' hearts serve
turnip cups filled with peas, and boiled
rice. With braised calves' liver serve
a macedoine of vegetables and German
potatoes.

With sweetbreads, no matter how
cooked, serve peas and asparagus tips.
This combination, with boiled rice or
new potatoes, is also agreeable with
spring lamb. With mutton, serve
either turnips, Brussels sprouts, or
parsnip fritters, and rice or potatoes.

With poultry, pass a tart jelly or ap-
ple sauce, and creamed onions and plain
boiled rice. With broiled or roasted
chicken, serve either stewed celery,
cauliflower, Brussels sprouts, plain
baked tomatoes, peas, or asparagus,
and potatoes or rice. With browned
panned chicken, serve, in summer,
squares of corn pudding, in the fall,
plain baked tomatoes, and in winter,
escaloped tomatoes. With boiled
chicken, serve egg sauce, boiled rice,
and with turkey, serve creamed
celery and brown sweet potatoes.

With guinea fowl, serve baked onions
or stewed celery, and grilled sweet
potatoes. Stuff tame ducks with a
mixture of potato, chopped celery, and
black walnuts. Serve, as a side dish,
salsify fritters or parsnips. Pass black
or red currant jelly, or sour grape
jelly, or apple sauce. With goose,
serve spinach, cabbage or turnips, and
apple sauce or barberry jelly, and
browned mashed potatoes or sugar
baked sweet potatoes.

With venison steak, serve celery,
lettuce, cress, or chicory, with French
dressing, and rolls. With roasted
haunch of venison, serve stewed celery
and currant jelly and sweet potatoes,
baked or browned.

Lettuce or some uncooked green veg-
etable, with French dressing, may be
served with all forms of game. With
broiled partridges, serve toast and let-
tuce or celery with French dressing.
With broiled or roasted squab, serve
peas or asparagus tips and rice balls.

With cold meats, serve uncooked
green vegetables, such as lettuce,
chicory, celery, endive, or celery and
apply mixed, with French dressing.

Also, carefully cooked string beans
and asparagus may be served cold,
with French dressing, with cold broiled
or roasted chicken or turkey, while
tomato salad or pickled walnuts go
well with cold mutton or lamb.

With boiled fish, serve sauce Hol-
landaise, potatoes, and cucumber salad
or plain boiled cucumbers. With fried
fish, serve boiled tartare, potato balls
and cucumber jelly salad. With
planked or broiled fish, serve potatoes

and hearts of lettuce with French
dressing. With fish pudding, serve
cream potatoes and cucumbers on
lettuce with French dressing. Serve
parsnips with salt boiled codfish, and
corn bread or fried cornmeal mush
with broiled salt mackerel.

With fried oysters, serve cabbage
salad or pepper sauce; with oyster
stew, crisp crackers, and with raw
oysters, tabasco, horseradish, lemon,
and crisp long crackers, or thin brown
bread and butter.

With ice cream, serve small fancy
cakes—macaroons, ladies' fingers, or
jumbles.

Layer cake should be used alone as
a dessert, while spice cake, hermits,
cinnamon buns, or pinwheels go well
with cocoa or chocolate.

At afternoon or evening affairs,
serve sandwiches with salads, and hot
buttered rolls or biscuits with creamed
dishes. With sugared fruits, serve un-
sweetened crackers or very plain cake.

With vanilla ice cream, serve choco-
late, nut, or marshmallow sauce; with
chocolate ice cream serve vanilla sauce;
with peach ice cream, almond sauce;
with brown bread ice, maple sauce.

TO MAKE A LIVING.

The finer sentiments, religious, art-
istic and moral are all right when we
can get to them, but the first thing
a man or woman must do is to get
enough to eat and some place in
which to live. And this living must
of necessity be the basis for any
higher sentiments. The education,
therefore, which makes a foundation
for this support should be first in the
thought of our system of education.
On it should be built the secondary
studies, as it were, of our education.

Beating the Bakers.

"Oh, I am almost tired to death!"
said the woman who spends half her
time addressing club meetings. "Our
political economy club has been in
session all day passing resolutions and
drawing up petitions demanding a law
regulating the price of bread. Only
think! Three dollars' worth of flour
costs, when baked into bread, \$13. It's
outrageous. We'll soon all be bank-
rupt. The bakers must be made to
feel the power of the law. You should
have been at the meeting."

"I couldn't come, I was too busy,"
said the calm-faced woman.
"Busy on a club day? What on
earth at?"

"Baking bread," said the calm-
faced woman.

No Obstacle.

Father—But your fiancée has no
business.

Dan, later—That is a purely psycho-
logical lack.

Woman's Way.

If at first you don't succeed, cry,
cry again.

Directory Parent-Teacher Associations

OREGON CONGRESS OF MOTHERS.

Fifth floor, County Courthouse. President,
Mrs. Aristene Felts. Telephone Marshall 3315.

PORTLAND PARENT-TEACHER ASSOCI-
ATIONS.

General meeting first Thursday of each
month, lecture room A of the public library
at 2 P. M. President, Mrs. F. S. Myers,
515 Hancock street. Telephone East 2920,
C-1284.

Ainsworth—Third Wednesday afternoon of
each month. President, Mrs. D. A. Patullo,
875 Ravenswood drive. Telephone Main
2977, A-2977.

Albina Homestead—President, Mrs. A. T.
Boone, 409 Beech street. Telephone C-1132.

Arleta—Second Friday of each month.
President, Mrs. G. M. Burdham, 1228
Forty-eight avenue S. E. Telephone Tabor
2799.

Buckman—Third Thursday of each month.
President, Mrs. C. F. Clarke, 695 East Ash
street.

Capitol Hill—President, Mrs. H. F. Reeves,
box 195, Hillside, Ore.

Chapman—First Tuesday afternoon of each
month. President, Mrs. T. C. Burke, 1014
Thurman street. Telephone Marshall 5829.

Clinton Kelly—Second Wednesday after-
noon of each month. President, Mrs. Dora
A. Gerardy, 730 Broadway. Telephone
Telephone Sellwood 881.

Conch—Last Thursday afternoon of each
month. President, Mrs. A. F. McIndoe, 715
Northrup street. Telephone Marshall 638.

Creston—Second Tuesday afternoon of
each month. President, Mrs. George L.
Boynton, 4417 Forty-third street B. E.

Davis—President, Mrs. W. S. Biles, 286
North Twenty-third street. Telephone Mar-
shall 4320.

Elliott—Second Tuesday afternoon of each
month. President, Judge T. W. Vreeland,
210 Graham avenue. Telephone Main 3558.

Falling—Last Thursday afternoon of each
month. President, Mrs. B. F. Jones, 804 1/2
Front street. Telephone Marshall 3197.

Fernwood—First Thursday afternoon of
each month. President, Mrs. F. R. Cook,
430 East Fortieth street North. Telephone
Tabor 2319, C-2007.

Fulton Park—President, Mrs. W. R. Lit-
zenberg, Wilcox building.

Glencoe—Second Friday afternoon of each
month. President, Mrs. W. A. Laidlaw, 1515
Belmont street. Telephone Tabor 1828.

Gregory Heights—Third Wednesday of each
month. President, Mrs. Alex Soderwall, 743
East Eightieth street. Telephone Tabor 1929.

Holladay—Second Friday afternoon of each
month. President, Mrs. Orlando Davidson,
327 East Nineteenth street North. Telephone
East 4595.

Highland—Second Friday afternoon of
each month. President, Mrs. Annie D. Fra-
zier, 933 East Sixth street North.

Hawthorne—President, Mrs. G. L. Buland,
606 Maple street. Telephone East 5210.

Holman—First Tuesday afternoon of each
month. President, Mrs. C. M. McKay, 208
Bancroft avenue. Telephone Marshall 820.

Hudson—Second and fourth Thursday
afternoon of each month. President, Mrs.
N. P. Gale, 2039 East Main street. Tele-
phone Tabor 678.

Irvington—Second Wednesday of each
month. President, Mrs. V. Woodward, 669
Hancock street. Telephone Marshall 4700.

Oregon Association for Deaf—First Thurs-
day afternoon of each month in East Side
library. President, Mrs. C. A. Ward, 550
East Everett street. Telephone Tabor 1929.

Kennedy—President, Mrs. Carolyn Cowdin,
1293 East Twenty-eighth street North. Tele-
phone Woodlawn 902.

Jonesmore—Second Wednesday of each
month. President, Mrs. J. Jensen, 2102
Tillamook street.

Kenton—Third Wednesday afternoon of
each month. President, Mrs. C. F. Nichols,
Kenton station. Telephone Woodlawn 926.

Kerns—Third Tuesday afternoon of each
month. President, Mrs. A. L. Stephens, 763
East Couch street. Telephone B-2250.

Lade—Second Thursday afternoon of each
month. President, Mrs. J. H. Berat, apart-
ment 103 Villa St. Clair. Telephone Main
4074.

Lewis—Third Friday afternoon of each
month. President, Mrs. C. L. Gessell, Lents.
Telephone Tabor 4991.

Llewellyn—Last Thursday afternoon of
each month. President, Mrs. O. C. Riches,
1365 Milwaukee avenue. Telephone Sell-
wood 1570.

Montavilla—Second Tuesday afternoon of
each month. President, Mrs. C. B. Zeebuth,
29 East Eightieth street North. Telephone
Tabor 950.

Mount Tabor—Second Thursday afternoon
of each month. President, Mrs. J. M. Short,
29 East Fifty-second street. Telephone
Tabor 120.

Ockley Green—Second Thursday afternoon
of each month. President, Mrs. Marshall N.
Ladd, 849 Albina avenue. Telephone Wood-
lawn 3104.

Peninsula—Second Tuesday afternoon of
each month. President, Mrs. Andrew T.
Rugg, 365 Russell street.

Portsmouth—Second Friday afternoon of
each month. President, Mrs. Alice White,
1760 Portsmouth avenue. Telephone Colum-
bia 486.

Richmond—Second Friday afternoon of
each month. President, Mrs. A. L. Kinsey,
1042 Arnold street. Telephone Tabor 1367.

Rose City Park—Third Tuesday afternoon
of each month. President, Mrs. Henry Hunt,
676 East Sixty-first street North. Tele-
phone Tabor 2488.

Sellwood—Second Thursday afternoon of
each month. President, Mrs. W. H. Beard,
631 Miller avenue. Telephone Sellwood 96.

Shattuck—First Tuesday afternoon of each
month. President, Mrs. J. F. Kelly, 615
Fifth street. Telephone Marshall 3447.

Shaver—Third Friday afternoon of each
month. President, Mrs. Jennie Kellogg, 747
Albina avenue.

Sylvan—President, Mrs. E. A. Parnes, box
12, route 2, Portland.

Verdon—First Tuesday afternoon and third
Wednesday evening of each month. Presi-
dent, Mrs. M. M. Crittenden, 1121 East
Thirty-ninth street North. Telephone C-1878.

South Mount Tabor—Second Friday after-
noon of each month. President, Mrs. Fred-
erick J. Glass, 6909 Thirtieth avenue S. E.
Telephone Tabor 3784.

Stephens—First Wednesday afternoon of
each month. President, Mrs. T. C. Thron-
son, 390 East Ninth street. Telephone East
1042.

Sunnyside—Second Tuesday afternoon of
each month. President, Mrs. R. E. Bondur-
ant, 339 East Thirty-fourth street. Tele-
phone Tabor 839.

Terwilliger—Third Thursday afternoon of
each month. President, Mrs. A. S. Wilcox,
1510 Corbett street. Telephone Marshall
4774.

Thompson—President, Mrs. James Rogers,
738 Albina avenue.

Wilburg—First Tuesday afternoon of each
month. President, Mrs. Sarah L. Rolfe, Park-
wood. Telephone Sellwood 451.

Woodlawn—Third Friday at 3 o'clock.
President, Mrs. H. E. Coleman, 1284 East
Sixth street North. Telephone Tabor 2928.

Woodstock—Third Friday afternoon of each
month. President, Mrs. E. E. Rogers, Wood-
stock. Telephone Tabor 2928.

HARMFULNESS OF CHILD LABOR.

The University of Vienna has estab-
lished a chair of social medicine. As
industrial hygiene is the most im-
portant branch of this subject, Prof.
Teley, the head of the department,
early became interested in tuberculosis
as an industrial disease, and logically
was led to study the effects of dif-
ferent occupations on wage-earning
children with a predisposition to this
disease. He found that in Germany
as well as in Austria, there is an un-
duly high tuberculosis rate among
youthful wage earners. Kayserling has
shown that while in Berlin the tu-
berculosis death rate for all the later
years of life has fallen since 1900, no
diminution has been found in the
death rate for children of wage-ear-
ing age. Von Pirquet attributes the
rise in the tuberculosis mortality rate
during the years between 15 and 20
to overstrain and undernutrition in
apprenticeship life. Teley has shown
that sickness increases among children
who leave school for work. The in-
crease during the first year of work
is not great, but in the second and
third years it is pronounced, and in
the fourth year is higher than the
first. He then took up the question
of control of the choice of occupation
so that regard might be given to the
welfare of the child, and that under-
developed children, predisposed to tu-
berculosis, might be kept out of occu-
pations in which too great demands
were made on their strength. In Vi-
enna medical control of such matters
is easier than with us, because of the
well-established system of apprentice-
ship. Most industries employ physi-
cians, who examine applicants for ap-
prenticeships, and may reject the phy-
sically unfit.

Theoretically, this is a good system,
but Teley has found it ineffective in
practice. The physicians are almost
obliged to accept or reject applicants
according to the state of the labor
market. Also, the best paid industries
get the strongest boys, while the
weaker boys must accept lower wages
and poorer conditions or go into the
unskilled occupations, which means
that the children who need it are
not protected. Realizing that the
choice of occupation should be made
during school life and with the advice
of teacher and doctor, Teley, with
the co-operation of other physicians,
opened a consultation clinic for school
children and their parents, in which
advice was given as to the occupation
for which the child was fitted. He
found that disease is produced in work-
ing children not only by improper con-
ditions of labor—heat, dust, insuffi-
cient light, stagnant air—but also by
the work itself—the physical over-
strain placed on an underdeveloped or-
ganism which should have its ener-
gies conserved for growth. After
studying the problem at first hand,
and seeing all efforts to prevent the
disastrous effect of labor on under-
developed children fail, Teley finds
no remedy save the raising of the age
limit for employment. The age of 16,
he thinks, is early enough for chil-
dren to enter industrial work, and even
at 16 the transition from school life
to industrial life should not be too
abrupt. He agrees with Kaup that
for the youth under 18, the work day
should be limited to 10 hours, includ-
ing time for three meals, with each
week at least three half holidays for
study and sport, and each year a two
weeks' vacation. The importance of
such investigations is that child labor
by lowering resistance in the child may
favor the development of tuberculosis
in children.

SATURDAY HOLIDAY IS COMING

Wanamaker's Announcement Brings
Other Big Concerns to Time.

The announcement of John Wanne-
maker that he will close his great de-
partment store on Saturdays during
July and August is having the effect
of causing other big stores to follow
the same plan. In Philadelphia it is
announced that Altman's, Lord and
Taylor's, McCreery's and other great
establishments will close all day Sat-
urday for at least two months. Be-
sides this some of the greatest em-
poriums will open their doors at 9
o'clock and will close at 5 P. M.

None of the big stores will reduce
the wages of their employees. Neither
will the new policy in any way affect
the usual vacations which, according
to terms of service, range to a maxi-
mum of two weeks.

STRIKES AND MARRIAGE.

Some very wise persons in Chicago
say that labor troubles in that city
are responsible for the big decrease
in the number of marriage licenses
issued in that city in May. Well,
what is responsible for the strikes?
The high cost of living has cut down
the purchasing power of the dollar,
but has not cut down the value of
land. Increase of population has
enormously increased the value of Chi-
cago land. Advances in wages are
soon absorbed by higher rents. Busi-
ness and labor are pinched by the
higher rents. Business and labor are
taxed for the expenses of government;
the landlords shift their taxes to busi-
ness and labor. No wonder there is
a decrease in the number of marriage
licenses.

The average wage of department
store workers in New York City is
less than \$7.00 a week.

FREE GLASSES TO SCHOOL CHIL-
DREN.

It often happens that schoolchildren
are in great need of glasses and yet
have not the money to buy them. Per-
haps the eyes have been examined in
the early Fall, by the teacher, ac-
cording to the printed instruction, and
some defect has been found. Maybe
the teacher finds that although the
child can see well at a distance, he
frequently complains of headache and
eyeache, after getting his lessons.
Maybe the eyes are red, or maybe the
child is cross-eyed. At all events the
teacher discovers that something is
wrong, so she sends a printed card to
the parent, which notifies him that his
child's eyes are not right, and advises
him to seek competent advice. The
mother or the school nurse, therefore,
takes the child to the oculist who
discovers that glasses are urgently
needed, to enable the child properly to
receive offered school instruction.
Without glasses this cannot be done,
and the child is seriously hampered in
the acquirement of an education.

If the parents cannot, under these
circumstances, buy the glasses, what
is to be done? This is a serious ques-
tion and one which will have to be
answered. There should be a fund in
the hands of the school board of every
city to meet this emergency. This
fund may be raised by contributions,
if necessary, but the best way is to
have it come from the city treasury.
The amount required would not be
large. Suitable arrangements could be
made with some wholesale optical
houses, to furnish these glasses at
almost cost.

In Cleveland, where school examina-
tions are performed quite thoroughly,
less than 400 pairs of glasses are
given away to the poor children an-
nually. This probably does not cost
Cleveland \$400 a year and think of the
enormous benefits that are produced.
Schoolbooks, lunches, etc., are given
away in many cities, why not then
free glasses?

EFFECTIVE WORK BY WOMEN.

A case illustrative of the variety
and diversity of woman's activities is
that of St. Paul, Minn., where the Wo-
men's Civic League has carried on a
systematic campaign against the smoke
and billboard nuisances, against un-
cleanliness and untidiness in hotels
and restaurants, and for the promo-
tion of playgrounds and the improve-
ment of the city charter. Less than
14 years old, this single organization
of women has influenced and moved to
action on several occasions, and for
the benefit of the municipality, the
public opinion of St. Paul. It has
taken up and forwarded movements
which in the past were supposed to
be exclusively within the province of
men; it has plans under way that are
designed to improve the city physically
and uplift it morally, and it is work-
ing in harmony not only with the reg-
ularly constituted municipal authority,
and consistently supporting it, but
with all other