

An Example.



"Do you know how to live for less money?"
"Cut down expenses, you mean?"
"Yes."
"No; tell me how."
"Just let your boss cut your salary."



GINGHAM FROCK

There is an air of sweet simplicity about this smart little forenoon frock which is increased by the material used for its development—a dainty checked gingham in pink and white. The kimona blouse has a "V" neck finished with a double ruffle of white net. The sleeves terminate in a band of lace edged with a similar frill. The bottom of the tunic is finished by the net ruching and the plain underskirt is bordered by a band of lace. A black velvet girdle and ends add a strengthening touch to the dainty costume.



Points for Mothers

Exercise For Young Mothers. Too many young mothers become so absorbed in the care of their babies that they neglect the simple things so essential to their own health and happiness, says Dr. Edith B. Lowery.

Fresh air and exercise are indispensable to the health of every woman. Both are classed with the luxuries in many a mother's life, whereas they should be looked upon as necessities.

Every mother should make it a point to pass at least half an hour every day in the open air and another half hour doing something for her own pleasure.

If your work is drudgery you cannot accomplish as much in a given time as you could if it were not so. A half hour's rest or change will give a woman added energy so that she can attack her mountain of housework with increased zeal.

Exercise and fresh air for the mother are essential to the health of the baby also. A mother who is tired out and suffering from oxygen starvation cannot give her child the same care that she could if she were in a fit condition. Any one who is worn out with sleepless nights cannot expect her brain to perform the same work as it would if it had been rested.

The mother's work is never done, and it seems as though there was no time for exercise or pleasure. She cannot find a stopping place where she can leave her work for a few minutes. This is one of the cases where we must "make time." Drop your work, if necessary, in the midst of the ironing and take a good drink of fresh air. It is much better that a family should have a few unironed clothes than that the mother should become worn out, nervous and cross from overwork.

Never Urge a Child to Eat. Never urge a child to eat his meals. If he is hungry he will eat what is given to him, and if he is not it is better for him not to eat at all until the next meal. On no account should the mother try to tempt his appetite with delicacies. If the child becomes hungry before the next meal do not fix him up a lunch, but let him keep his full appetite for the meal to come.

There is a long list of things not to eat, but a few lines will cover the necessary precautions. The child should eat no fried food, no meat from the pig, veal, liver, heavy stews and duck, goose, sausage or salt meats. He must be denied all hot, fresh bread, muffins and biscuits or cakes and griddlecakes of all kinds; also all raw vegetables, as well as corn, cabbage, eggplant and salads raw, are taboo.

Tea and coffee should not be allowed until the child is past fifteen and only soda water and lemonade very occasionally.

It is only by caring for the child's diet by watching to see that the food is cut fine and well chewed—in fact, by protecting the small digestion at a time when the little one knows too little to care for it himself—that health and health's brother, happiness, can be assured for your little one's future.

Baby's Health. The child who breathes with his mouth open usually has some obstruction in the back of the nose or throat which prevents him from breathing in the proper way. Frequently the cause is adenoids or enlarged tonsils and sometimes both. A specialist should be consulted without delay.

When the youngster comes down with an attack of indigestion the first move toward a cure is to give the bowels a complete clearing out with castor oil. The druggists have a way of preparing this with orange juice to make it more palatable, or else they put the oil in capsules, when it is not tasted at all.

Nurses are often very negligent in regard to keeping sunlight away from a sleeping baby's eyes. In parks and on the street one often sees a baby asleep in its carriage with the strong sunlight streaming over its face. Grownup humans know how their own eyes ache when they wake up in the morning with a glare of light on their faces. How much worse it must be for a baby's delicate eyes! Mothers should see that those to whom they intrust the care of their babies understand the importance of care in this respect.

A Good Bluff. An Englishman and an Irishman made a bet which could swim the longest. On the day of the race the Irishman came to the shore in a bathing suit and a large satchel on his back. The Englishman asked him what he had in the bag.

"Provisions for three days," coolly answered Pat.

"The bet's off," said the Englishman as he handed Pat the money.

A few days later he heard that Paddy couldn't swim a stroke—London Tit-Bits.

Polite Assurance. "Mr. Conductor, do you think this tunnel is perfectly safe for our travel?" "Don't be afraid, madam. Our company got you in this hole, and we're bound to see you through."—Baltimore American.

A Juvenile Thrust. Mother—Remember, Tommy, an angel is watching over you. Tommy—Aw, ma, don't be conceited!

PORTLAND HOLDS SENATORS RUNLESS

PORTLAND, July 23, (Special).—Portland made 3 runs in the eighth today and whitewashed Sacramento. Harkness had something on the ball all the time, allowing only 4 hits. Portland got only 7 hits off Gilligan.

The results Tuesday follow:
National League
Brooklyn 6, Chicago 1.
Philadelphia 10, St. Louis 8.
Boston 0, Pittsburgh 1.
New York 11, Cincinnati 1.

American League
Cleveland 3, Boston 6.
Chicago 6, New York 4.
St. Louis 4, Philadelphia 0.
Detroit 12, Washington 7.

Pacific Coast League Standings
W. L. P.C.
Vernon 60 41 616
Oakland 59 46 562
Los Angeles 58 46 558
Portland 42 52 447
San Francisco 43 61 413
Sacramento 40 61 396

At Portland—Portland 3, Sacramento 0.
At San Francisco—Vernon 6, Oakland 2.
At Los Angeles—Los Angeles 6, San Francisco 3.

Babies Would Be Less Trouble. Frequently a mother who has brought up a large family of children without any system whatsoever will cheerfully announce that they are fairly good specimens of health.

And this may be so, yet there is nothing so good that it may not be improved upon. And if mothers would but realize the importance of systematic feeding of the babies their offspring would be infinitely less trouble and physically very much stronger.

A baby should be fed with the utmost regularity if he is to be well. For the first three months food should be given every two hours during the day and about every four hours during the night.

For the following six months he should be fed every three hours in the daytime and twice or three during the night, and after each meal in the day, as well as in the night, let the baby lie quietly for at least half an hour, so that nothing may hinder the process of digestion.

Johnson Modest Hero. Washington's Great Pitcher Never Has Had Enlarged Cranium.

The average ball player whose ability is such as to make him stand out from his team mates seldom is popular with them, for the reason that he considers himself above them. With a few ex-

ceptions star ball players usually bring about a condition on a team which proves detrimental to its success.

Walter Johnson, however, is a player who differs from most stars in this respect. Were it left to a vote of the



Photo by American Press Association.

Commencing Thursday, July 11 1912, the Oregon City Transportation Co.

Str. Pomona Will make two round trips between Portland and Oregon City and three round trips Sunday.

WEEK DAYS Leave Portland. Leave Oregon City 8:00 a. m. 11:00 a. m. 2:00 p. m. 5:00 p. m.

SUNDAY Leave Portland. Leave Oregon City 9:00 a. m. 10:30 a. m. 12:00, noon 1:30 p. m. 3:00 p. m. 5:00 p. m.

Boat and car tickets are interchangeable.

Take a cool and pleasant trip by water. Freight handled twice a day each way with care and dispatch.

Oregon City Transportation Co.

VALLEY HOP YARDS IN FINE CONDITION

On the whole the Valley hop yards now are in the finest condition known in years, and dealers say that an output well above the average of the past few seasons is all but a certainty. The hot weather last week, supplemented by spraying, to a great extent disposed of the pests that had appeared in some of the yards, and it is believed now that the growers have nothing to fear on account of vermin. Wherever necessary they are still spraying.

The market seems to have quieted down again, the demand both for spot goods and futures having fallen off to some extent. In a more or less nominal way dealers are quoting 22 to 25 cents on 1911s and prices around 20 cents on 1912s. The produce are said to be disposed to contract the coming crop at going quotations, but buyers are holding off and their attitude tends further to bear the market.

Prevailing Oregon City prices are as follows:
DRIED FRUITS—(Buying), Prunes on basis 6 to 8 cents.

HIDES—(Buying), Green hides 6c to 7c; salted 7c; dry hides 12c to 14c; sheep pelts 30c to 85c each.

EGGS—Oregon ranch eggs, 22c case count; 23c candeled.

FEED—(Selling), Shorts \$25; bran \$28; process barley \$40 per ton.

FLOUR—\$4.60 to 5.50.

POTATOES—New, about 1c per lb.

POULTRY—(Buying), Hens 11c to 13c; spring 17c to 20c; and roosters 8c; stags 11c.

HAY—(Buying), Timothy out of Market; clover at \$8; oat hay, best, \$10; mixed \$9 to \$11; alfalfa \$15 to \$16.50.

OATS—(Buying), \$30.00 to \$36.50, wheat 90c bu.; oil meal, selling about \$48.00; Shay Brook dairy feed \$1.30 per hundred pounds.

BUTTER, Poultry, Eggs. BUTTER—(Buying), Ordinary country butter 20c to 25c; fancy dairy 60c roll.

Livestock, Meats. BEEF—(Live Weight), Steers 5 1-2c and 6 1-4c; cows 4 1-2c; bulls 3 1-2c.

MUTTON—Sheep 3c to 3 1-2c.

VEAL—Calves 10c to 12c dressed, according to grade.

MOHAIR—33c to 35c.

Hotel Arrivals. The following have registered at the Electric Hotel: A. Moore, Salem; Cecil Fox, Salem; R. Cahill and wife, Portland; C. W. Pope, city; W. M. Cassell, Fresno, Cal.; R. A. Hollenbeck, James Stephens, Herman Hahn, Portland; J. Hattan and wife, Stone; A. H. Hattan, Peru, Ill.; Alvin Lindahl, Woodburn; E. D. Baldwin, San Francisco.

Real Estate Transfers. Martha A. Bramhall to James L. and Lauretta M. Hill, west-half of the southwest quarter of section 11, township 6 south, range 2 east; \$100.

Percy T. Shelley and Blanche Shelley to Guy Anderson, 40 acres of section 26, township 2 south, range 7 east; \$1.

Portland Water Power and Electric Transmission Company, land in Terrace Addition, section 20, township 3 south, range 4 east; \$750.

Estacada Realty Company to R. F. Snyder, land in section 20, township 3 south, range 4 east; \$1.

Clarence W. Simpson and May Simpson to Willamette Land and Development Company, land in section 16, township 5 south, range 3 east; \$1.

Nathan and Harriet Platt to John W. Loder, land in section 35 township 6 south, range 2 east; \$1.

Change of Location

Portland Railway Light & Power Company's

Light and power department will be located at 617 Main Street, in the Beaver Building, after July 4th.

Lamp renewals, collections, contracts and supplies at this office.

All consumers who have not signed the new contracts will obtain the advantage of lower rates by signing same and returning to the Oregon City office, 617 Main Street.

Dinner Sets

With Your Subscriptions

THE ENTERPRISE

Has a limited number of fine, 31-piece, gold trimmed dinner sets that are just what you want. Call or 'phone our office and let us explain our offer.

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