WHEN A MAN REALLY LOVES.

E needs must love the highest where we see it, and our hollest man's true affection, he is ready and on a pedestal. He likes to think of her as some one better than himself, some one to whom he can pour out all his noblest aspirations.

All of us have our serious moments. to the world, says the Pittsburg Dispatch. But who cares to "wear his

The modern woman seems bent on disillusionizing man. They would wovship, but she will not let them. She does her best-or her worst-to dissipute the halo of romance with which he would surround her.

How can one worship the modern girl? She treats lightly all the old ideals. She talks lightly of love, marriage and religion. She thinks it clever to make all kinds of risky little speeches and startling allusions.

To Walk Gracefully.

It is a rare thing to see a woman walk well, and the fault lies with the failure to teach her how. A girl is taught to dance, to ride and to swim, but since walking is the natural means of locomotion she is allowed to perform it in her own natural way, and to be natural is, unfortunately, not always to be

A long, swinging gait, in which the arms, swinging backward and forward like pendulums, plays as important a part as the legs, or a small, mincing pace, that no one else can manage to keep in step with, is far from graceful.

To walk with the entire body in active motion or with the body motionless and the head and neck stretched forward, as though to lead the way, is equally ugly. In graceful walking there is no stiffness and but little motion.

The body is held erect, the shoulders well back, the chest expanded, the abdomen in, and one steps out firm and true, putting each foot, slightly pointed other, but to one side, placing the bail for a fraction of a second, then raising out for his mother and finding seats the body on it toward the toe before for her. following with the other foot.

Practice this method if you would complicated, but it is in reality very simple, and with a little practice one dragged around during the early part soon acquires the art. - American of his life is apt to come to himself Queen.

Matthew Arnold's Sister Dead. Mrs. W. E. Forster, whose death occurred recently, was the sister of Mathew Arnold, and the "Dearest K."



who figured so frequently in her brother's two volumes of letters. Young Forster was a Quaker, and in those days it was not permitted to marry outside the "socie-Mrs. Forster used afterward to describe with much

amusement how, soon after the wedding, a couple of grave elders called officially on the young couple, solemnly excommunicated William Forster, and then shook hands and staid to lunch.

The Laws of Friendship.

Serious friendship cannot be enjoyed except by persons of character. Those who, themselves light and frivolous, choose friends from whim or fancy, or drift into the relation from chance proxlimity, or who make passionate or extravagant demands, forgetting the other duties of life in a swift transport of feeling, must forever remain ignorant of the depth, the solemnity and the sacredness of which friendship is capable says the Denver Times.

Emerson says: "Our frieadships hurry to short and poor conclusions because we have made them a texture of fiber of the human heart. The laws of friendship are austere and eternal-of one web with the law of nature and of morals. But we have aimed at a swift and petty benefit to such a sudden sweetness. We snatch at the slowest fruit in the whole garden of God, which many summers and many winters must

Do Not Omit Civilities.

If, as the old saying has it, civility costs nothing, it certainly gains much, talents. both in the way of liking and kindness; therefore, it seems a great pity that so many people dispense with it in small matters of daily life.

There are, no doubt, very few people who are actually and actively rude and uncivil, but there are, on the other hand, many who are, if we may use the term, passively impolite. They do not. that is, commit a downright rudeness. but they omit a vast number of little civilities.

Men, perhaps, grumble the most, but it is the women who really feel most the loss of little civilities, for every woman at heart loves to be thought of. looked after and treated with care and consideration.

Happiness Is a Duty. Be happy! Be happy in spite of ev-

are those who come out on top in the long run. Nature and human nature detest abnormal things, and unhappy where we see it, and our belief people are certainly abnormal people. is that there is no man, no It is said that nothing makes happiness matter how degraded, but has some like happiness, and, from observation, worship to bring a really good woman one sees that it is true, says the Pittswhen he recognizes her. But women, burg Press. Happiness is two thingsas a rule, do not seem to be alive to a good habit and a spiritual state. this desire. "When a woman has won a Many women, you think, are born unhappy. Is there any one such a weakwilling to idealize her and place her minded creature that she cannot cultivate the good habit of being happy?

The trouble with average woman who fancles herself unhappy is only an unwholesome fancy. She caresses and nourishes unhappiness. In other and an inner life which we do not show | words, she hugs trouble. She luxuriates in being melancholy, in looking on the wrong side of things. If she only heart on his sleeve for daws to peck knew how disagreeable this made her in the sight of men, she would very soon change her tacties, for it has come to be a recognized fact in modern civilization that happiness is a necessity

> A Club Leader. Mrs. Frederick Hanger, of Arkansas,



abilities in the field of clubwork among women, but was also instrumental in securing the success of the national meeting of women's clubs held last year in

Denver, Col. Mrs. MRS. HANGER. Hanger now holds the honored office of President of the Arkansas federation of women's clubs.

Ill-Treatment of Boys. am always made sorry when I ride in the cars, through the shopping districts particularly," says a writer, "to see the way mothers ill-treat small

boys. It is quiet as disastrous as phys-

ical ill-treatment might be. "I see poor little fellows of 7 and 8, nice little men who would be manly if they were allowed to be, pulled around in the cars, out of the cars, pushed into that seat and out of it into another as if they were so many little dummles. They usually are very nearly that, for seven or eight years of such pushing outward, not directly in front of the and pulling is enough to take all the spirit out of a small boy unless he has of the foot on the ground and allowing unusual vigor of character. A boy of the weight of the body to rest thereon | that age ought to be beginning to look

"Occasionally a sensible mother, who treats her boy like a human bewalk well. It may in reading seem ing, is to be found, and it is a pleasure to see them together. The boy who is after a time if he is not entirely ruined, and then he goes to an opposite extreme, is rude and self-asserting while he is trying to establish an equilibrium, and the mother can't imagine what the trouble."-New York Times.

Athletic Maid, Adieu!

There is a tremor of uncertainty and fear among the ranks of the athletic and shirt-waist maldens.

It is softly whispered among those who think they know that the knell of the reform skirt and linen collar has been run and that the girl of girls will in the near future be the dainty, befrilled, frou-frou girl of the early '50s, says the New York Herald.

Women may deny the soft impeachment that they dress to please the men, but as this weakness has been a failing with the gentler sex for many years, it will take a great many more for the strong-minded women to mold their weaker sisters to an utter indifference to the good opinion of some favored man.

"After all is said and done," remarked a wise woman, "man is really the arbiter of woman's dress."

Miss Hay a Novelist.

Another writer from the ranks of society will soon have book readers talking. Miss Hay, daughter of Secretary

Hay, is at present engaged in writing a novel that will deal with the social life of Washington. Her book, friends say, is likely to cause something of a stir in the fashionable and diplomatic world, as a

number of the characters will be easily recognized as persons in public life. Miss Hay made her debut in society a year ago. She is a handsome young woman of many

Short Fashions Side or knife plaiting is back again. Fine suede is the proper thing for

dress wear. Strapping is no longer necessarily on the straight.

Evening hoods are to be a big feature this winter.

The pocket lurks in almost every garment save the skirt. Boots are beautifully "medium,"

though they lean to heaviness. You must have a buckle on your bonnet, not to mention your hat. Otherwise no one will care enough to ask you where you got it.

Don't choose a one-piece skirt for a girl. It will sag, and a short dress erything! When a person is not happy, that sags is simply horrible. If she's he is a failure in life. To be happy is too old to have it on the straight, make to be normal, and the normal people it with three or more gores.

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Watts & Matthieu, druggists, 276 Russell st., Hill block, Porltand, Or.

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Marine drug store, C. A. Watson, proprietor, 81 North Third street, Portland, Oregon.

The Popular, 125 First street, bet. Washington and Alder, Portland, Or., John Ecklund, proprietor. Tel. Oregon red 934, Columbia 568.

The Front Street Stove Hospital, 293. 295 Front street. All kinds of steel ranges and air-tight stoves made to Stoves sold and exchanged; castings for all kinds of stoves; roofing a specialty. N. Newman, proprietor.

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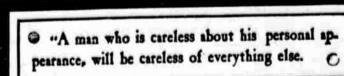
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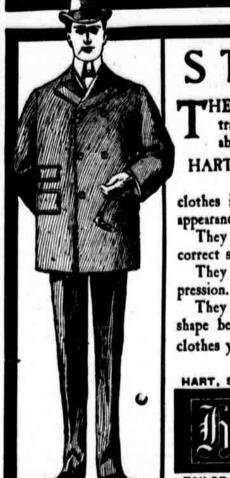
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