# Y. W. C. A. CONFERENCE AT SEASIDE COMES TO END

Gathering Looked Upon As Interesting and Profitable In History of Organization-Delegates Thoroughly Enjoyed Every Session



BELLINGHAM DELEGATES

HE conference of the Young Women's Christian Association of the Pacific Northwest, which has been in session at Seaside since August Si, closed Sunday. Large delegations from the associations of Oregon, Washington, Idaho and Montana have been present. In addition to the girls representing a number of strong college associations. During the sessions of the conference the girls have had splendid opportunities for recreation and have enjoyed themselves im

Beginning at 5 o'clock in the morning

SEA SIDE HOUSE . SEASIDE ORE

DELEGATES ON

Beginning at 5 o'clock in the morning each hour of every day has been filled, each hour of every day has been filled, either with a talk from some secretary who has had long experience in the about all the happenings of the day.

Among those in attendance at the conference, have been Miss Helen S. Barne and Miss Mary F. Dunne, Nationally being taken up by the president or secretary of the Portland Y. W. C. A. Mrs. have been held every night, the time usually being taken up by the president or secretary of some flourishing association. After this just before the retiring hour, the delegates of each

THE BEACH

and swaying until you are tfred, which | checks, but never the woman who has should be in about five sways. The third exercise is the rowboat ex

ercise. Seat yourself and grasp the

arms of your chair. Throw yourself

same time breathe deeply.

Repeat siepping forward, throwing back your arms and breathing deeply, until you feel as though your muscles were all alive. Then stop and rest.

To bring down the neck of a woman who is too stout takes both courage and persistence. But the woman who in the face. wants to wear her necklace will not lack either of these.
She will beat her neck with sea salt

and water; she will stretch it until the fat begins to disappear; she will pound it and pinch it and keep at it

until its flesh fades.

The attention of polite London was called enew to the little thinning shop early in the season when one of the court ladies began to get stout. In her case the cheeks were to be thinned. "Your face begins to look piglike," said the attendant at the beauty shop

mounted into the forties.

"You have high, fat cheekbones, and

and Navy Journal quotes from the

selves from naval attack; but it is clear that to do so against a Hawali in hostile hands would cost a sum enormously greater than that required to make these islands impregnable.

"Economy demands that American possessions here be made absolutely secure. That condition having been reached, nothing extraordinary in the way of defenses or garrisons would be required in California, Oregon and Washington. So long as Hawali remains unfortified or fortified inadquately, Japan will feel that war with the United States is within the sphere of practical politics.

"Possessing this base and protected"

venture here except with her commerce destroyers. It should be remembered that in the war with Russia the Japanaese navy refused to give battle far from its base, though they might have taken Rojestvensky unawares in Madagascar waters or in the Straits of Malacca.

"A beginning has been made toward fortifying Honolulu and Pearl Harbor, but what the Advertiser wants to press upon the entire programme, when completed, will not prevent the landing of hostile forces, efficiently convoyed, on the other side of the island. Batteries of licavy guns are nearly as

cific. It is not contended that the Coast cities could not protect themselves from naval attack; but it is clear venture here except with her commerce

"Possessing this base and protected here by floating mines, mortars, siege guns—such as the could easily transport and mount—Japan could make herself a dangerous enemy. Without emulate that."

## As Some Critics See Us

odd notions which often exist there about the United States and things American, on the part of ordinary Englishmen. I once had occasion to go into a Holborn publishing house, especially engaged in the sale of text-books for schools. I explained that one of the principal purposes of my call was to purchase one or two books that would give an idea of the sort of interpretation which is put upon the events of the American revolution, as taught to English youth. Courteous attention was exchanged in the endeavors of the manager of the house to get me poses of my call was to purchase one or two books that would give an idea of the sort of interpretation which is put upon the events of the American revolution, as taught to English youth. Courteous attention was exchanged in the endeavors of the manager of the house to get me what I wanted in his stock or to send for it elsewhere. "But," said a young man, an apparently well-educated clerk, who looked over the catalogue for the text-books in vain to discover one which gave anything like a full account of the revolution. "I must say, air, that when I went to school we boys were taught very they will listen to me. Why, I know that revolution. 'T must say, sir, that when I went to school we boys were taught very little about it. Your American boys, sir, must know more in a day about English history than ours do about American history in a year. I can see this from the kind of American text-books we sometimes get here." It is, therefore, not surprising that most Englishmen grow up into manhood with queer ideas about the size and geography of the United States, the difference, for example, between Massachusetts and Pennsylvania, what New England is, the location of the Indians, what caused the revolution, the difference between a President and a Governor and other such themes of elementary import. other such themes of elementary import. I have known not a few American boys and girls who could reel off a list of all the Kings and Queens of England from the time of William the Conqueror to Edward VII almost without stopping to take breath the court of the cour Edward VII almost without stopping to take breath, but an English youth has usually no knowledge at all of American rulers save that he has read something about Washington, has a misty idea of Lincoln as an emancipator and has heard just enough about Roosevelt in the newspapers to be in some doubt as to whether he was an enterprising college professor or a reformed cowboy.

It is still not uncommon to run across

"Penn" in Philadelphia Bulletin. pounced upon by mobs. These are a few it is amusing in England to note the specimens of the sort of observations odd notions which often exist there about which are made seriously by men who around the table than to tell them what I saw, then to watch how incredulously they will listen to me. Why, I know that some of them actually believe that it is not safe to go into an American hotel unless you have a six-shooter by the side of the plate on your table or under your sillow. your pillow.

I have been told that Londoners in

going through Craven street, which leads down to the Thames embankment from the Strand, in which a tabiet commemorates the site of the house occupied by Benjamin Franklin when he was the agent of the colonies, often contended that Franklin was an Eng-lishman by birth, some even insisting that he was one of the Presidents of that he was one of the Presidents of the United States! In one of the Lon-don newspapers—the Express—there appeared not long ago a statement that Mr. Blaine once held that office at the time when "Secretary" Garfield was as-sassinated, while the fact that the Vice-President of the United States is also the presiding officer in the Senate seems to be a frequent cause of confused thought in English newspaper offices, as if it were supposed that he was elected by the Senate and not by was elected by the Senate and not by the people through the electoral col-lege. This part of our method of electing Presidents has been more than once alluded to in editorial arti-cles in the English press, as if it had created the impression of being a sort an institutional establishment, assem-bling every four years in Washington, in a building provided for that pur-pose. Yet it may be doubted whether or a reformed cowboy.

It is still not uncommon to run across Englishmen who have an idea that New York is the capital of the United States, that Pennayivania is chiefly peopled by Quakers, that Indiana is the state which is given over to the Indiana, that Chicago is on the Mississippi River, that Abraham Lincoln was the great soldier or General of the Civil War, that Palladelphia is somewhere down in the Southern country, that the American business man usually goes about with a revolver or a bowle knife, and that Englishmen who live in this country are likely to be

### Jeff Hayes' Grapevine Press Report

M ORE than a generation has passed misince the occurrence narrated herewith took place, and at Lins safe distance in time and removed from the scene of action, the perpetrator may boidly crave an unconditional pardon for the part he took in the affair. The relating of the incident possibly will cause those handling The Associated Press those handling The Associated Press those handling The Associated Press of this kind of matter was furnished when news today to smile, certainly to marvel at the augacity displayed by the instigator of the proceeding, but it will be admitted that times have changed. Yet it cannot be doubted that had the truth leaked out, the journal which printed the stuff imposed upon it, would have come in for an unmerciless criticism. The fact in for an unmerciess criticism. The fact is, however, the joke was never discovered, and now, after a lapse of 30 years and more, it is being told for the first time. The circumstance to which I refer occurred on the evening of July 4. fer occurred on the evening of July 4.

1876. The writer was employed by the Atlantic and Pacific Telegraph Company to take press reports at St. Louis. There was but one wire from Chicago to St. Louis and that was the complete representation that this company had in that big city. This single wire was kept very busy, but, running over highways and byways, it was constantly getting into trouble and on the evening mentioned the line was down, probably caused by some enthustatic bucolic who made the glass insulators a target.

The St. Louis Chronicle had just made its bow to the public and was the only client that the Atlantic and Pacific Company had for the sale of their press news. That paper depended very much on this branch of their service, and when its conductors were informed that the wire was down and that there would be

in order to leard of the industrial conditions among girls, spoke each day telling of the results of her investigations among the working girls of other cities. Her addresses gave those present at the conference a much clearer insight into economic conditions surrounding girls, and the facts brought to light will go far toward helping to strengthen the Y. W. C. A. work both in Portland and other Coast cities. The women and girls who have been wire was down and that there would be no news, the editor became very much distressed over the unfortunate situation that presented itself. The newspaper and telegraph occupied adjacent offices and the editor with growing anxiety made frequent calls on the telegraph people, persistent in his demands that in some occult manner they fulfil their obligations. He feared to issue the paper without telegraphic news and—what could be done? I became very much interested in the matter and was ready to do every-

thing within my power to help the paper out, but there was no wire nor was there any probability that the trouble would be overcome that night.

During the height of the editor's despair. Henry W. Cowan, an operator known from Maine to Oregon, quite accidentally dronped in to see me. Naturally dentally dropped in to see me. Naturally I explained to him the situation that was vexing and worrying the whole office. He listened attentively to all I had to say and then asked in a droil way whether I had ever heard of the "grape-vine telegraph line," suggesting that in an emergency such as then existed a trial of its merits might be successfully

what followed stamped Cowan as a esourceful man of genius, one well calrulated to overcome circumstances of the nalism and the telegraph and avert threatened disaster.

When the newspaper man departed a short circuit was made up from the man-anger's private office to the regular press wire. A connection had at last been effected. At this wire Cowan seated himself and the news that soon began to come in over this line clearly demonstrated the inventive cleverness with which he was possessed.

The first item that came over this line

was an imaginary cablegram of congrat-ulations from Queen Victoria to President Grant, felicitating him on the 100th anniversary of his country's independence. This was followed by an account of an expected war in South America. They are

newspaper man was satisfied. He even wrote an elaborate editorial about the Queen's cablegram to the President, commenting favorably thereon, but he pronounced in scathing terms upon Tilden's aspirations to the Presidency, calling the attention of his readers to the item in the "telegraph" celumns.

I had serious misgivings as to the out-come of our joke, but resolved never to speak about it unless the matter came up. and it never did.

and it never did.

Cowan left for Chicago the next day and that was the last time I ever saw him, and it is presumed that he went out of business furnishing press reports to

tileless newspapers.
"All's well that ends well," and so it was in this case. The paper was satisfied and its readers were probably also con-tent, but I wonder if such a hoax could be perpetrated in this day and generation and let it be passed by unnoticed!

### Teaching Larks to Sing.

London Tit-Bits. Strange as it may appear, there are men who make a living by teaching larks to sing. It might be imagined that this is much the same as painting the illy, but it is a fact that the ordinary cage lark requires a considerable amount of training

before it can sing well.

The untrained cage lark will imitate sounds in the same manner as a parrot, even such sounds as the creaking of a gate. When these birds are neglected sometimes the only sound they will give is an imitation of the twittering of the com-

mon sparrow.

The man who undertakes the education of larks has to be up long before day-break. In the Spring before the break of day he goes out into the country, taking a great number of cage-birds with him. Reaching a strip of meadow he places his burdens on the ground and patiently waits for the coming dawn. About half an hour after the first light appears the wild larks begin to step.

begin to sing.

The wild lark always sings its best soon after dawn; later on in the day its song cannot compare for beauty with its earlier efforts. The birds first begin to sing as they run about the long grass, but they sing their very finest lays a little later, when they mount high into the sky. As they soar until they appear to vanish into the azure, their song becomes more and more beautiful.

It is a very strange fact that the imprisoned bird hears only one of the free brids; though there may be dozons singing, it has ears for that one only. Every note of that song it remembers, and when it is home in its cage next day it will remember the identical some matter than the identical some matter. der the identical song with remarkable fidelity, entirely from memory.

### Henry Hudson Celebration. New York Herald.

An interesting and definite plan has now been put forward for the celebration two years hence at New York and on the Hudson River of the three-hundredth anniversary of the discovery of the river by Henry Hudson, and of the one-hundredth anniversary of Rob-ert Fulton's practical application of steam power for navigation. There is to be an eight-day celebration, begin-ning Saturday, September 18, 1909, and ending on the Saturday following. It was September 19, 1609, that Henry Judson, in the Half Moon, reached his farthest north in his naves. reperse to have left that it is impossible to get rid of fat and that once fat is to be always fat—unices some littles intervenes. But this is a mistake.

The person who is too fat will gen
exercise, and it is good for the man possible to get rid of fat and that once fat is to be always fat—unices some woman. It is the bending exercise, and it is good for the man possible to get rid of fat and that once fat is to be always fat—unices some for insurance and i

A Beauty Shop Where Women Can Get Thin-"Stout Ladies Taken Down" Is Its Sign.

a house bearing the sign "Stout ladies taken down," and within the little house there is the equipment for the most complete thinning cure in the most complete the most com the world.

Many of the processes through lost which the patients are put are kept secret, but others have either leaked out or been told by those who have visited the establishment for treatment. The English woman who presides over the places declares, among other thongs:

That all women who are too fat can be reduced.

That it makes no difference whether one reduces in Summer or Winter, all seasons are alike to the woman who wants to get rid of excess of weight That women are more easily reduced

woman to weigh herself. The secret is out, and she is proud of each pound

Many lectures are given to women on how to lose flesh, and there are mental suggestions as well as physical processes. In a booklet which is handed to patrons in the reduction establishments there are these bits of advice:

Think you are losing weight, and Think you are losing weight, and you will lose. Think yourself into getting thin. Don't fret, but just expect

that you will lose weight.

Don't weigh yourself right after dinner nor right after you have taken a big drink of water. A pint weighs a pound, and many a woman has fratted over added weight when it was only a glass of water that made her heavier.

Weigh yourself at least three times a day, preferably before each meal, and keep tally of your weight from day to

That a woman gains 25 per cent in attractiveness by losing 10 pounds of weight—provided she is beyond normal.

When a woman enters this place she prepares to leave her flesh behind. First she steps upon the scales and is made to put down in a book her exact weight.

a day, proferably before each meal, and keep tally of your weight from day to day. Weighing is of the utmost importance to the woman who wants to know if she is getting thinner.

Then be careful of your diet. There are people who assert that it is impossible to get rid of fat and that once fat is to be always fat—unless some lines intervenes. But this is a mistake.

O N a side street in London there is son that stout women do not want to erally begin by dieting. This is all are the diet hints:

Eat all you want once a day; the middle of the day is the best time. Don't eat very much in the evening and nothing at all before you go to bed.

Let your breakfast be light, and don't forget that the stomach has its likes and dislikes. Eat little, but eat well. It is along the lines of exercise that the beauty shop does its best work. It tells you how to exercise and what exer-cises will take off your pounds. Each patient requires a different set, and it is one of the duties of the little establishment to adapt the exercise to the In the case of a woman who was

large around the waist line there were the bending movements. They were all performed with the muscles of the hips. They were four in number.
The first exercise was the hip exer-

cise. To perform it you stand squarely upon both feet. Then you lift one foot and kick out violently at the side.

The second exercise is the abdominal exercise, and it is good for the man

order to leard of the industrial con-

EUGENE HIGH SCHOOL

DELEGATION

PHOTOS by

H A. MADDOCK

"Then your fat has grown up high at the side of your face. It makes your face look pumpkinlike.

backward as though you were rowing; then forward, going through with the rowing exercise until you feel as if you had rowed far enough.

Then take the fourth exercise to rest yourself. This exercise is for the arms. Take a step forward and throw your arms behind you as you step. At the same time breathe deeply.

Repeat stepping forward, throwing back your arms and breathing deeply, until you feel as though your muscles were all alive. Then stop and rest.

To bring down the neck of a woman who is too stout takes both courage and persistence. But the woman who wants to make you look fat each cheek and left the lady praid her money to hear the truth, and she wanted it in large, full doses.

The woman who advertised "stout ladies taken down" kept on with the taking down process until she had reduced her patient to a proper frame of mind. Then she began to reduce her physically. She took a pound of flesh off each cheek and left the lady pretty and vivacious once more. It is impossible to be vivacious if you are too fat in the face.

### Hawaii, the Malta of the Pacific

As indicative of the changing order of things, political and commercial, in the Pacific Ocean, the Army Honolulu aGzette the following signifwith more frankness than policy, "and you have no expression at all in your eyes, which are sunken behind the importance and insignificant defenses