

GIRLS' TRADES TAUGHT IN HIGHLY MODERN WAYS IN PUBLIC SCHOOLS OF PORTLAND

New Department Aims to Help Students to Avoid Domestic Mistakes Their Mothers Made, and to Make Themselves Highly Useful.



A CLASS IN COOKING



ON THE LEFT, THE RIGHT WAY TO SIT AT A SEWING-MACHINE ON THE RIGHT, THE WRONG WAY



THE PROCESS OF MAKING ESCALLOPED POTATERS, SHOWING THE FINISHED DISH



A CLASS IN SEWING

Bread, butter, cheese, bread. Nothing else would do instead. She baked it once, it grew so stale. She threw it in the garbage pail. BEHOLD the modern housewife in the making! Cooking the way mother did is bad, very bad, now. It is unhygienic, unscientific, particularly unscientific, and a lot of other "unas." In addition to being impoverishing or extravagant, as the case may be, as well as conducive to emaciated frames, gnawing stomachs and indigestive expressions. At least so says Miss Clara L. Wickstrom, principal and instructor of the girls' trades department of the Portland public schools.

To inculcate in the minds of coming Portland housewives the fallacy of the old way of doing things and to teach them how to evade the mistakes of their mothers are the objects that led to the establishment of this new department four weeks ago, placing Miss Wickstrom, a woman thoroughly capable, in charge.

Girls Trained to Trades.
Not only prospective housewives, but girls contemplating becoming maids in private homes, dressmakers, milliners and other women's vocations are being taught now or will be as soon as the present plans for the new department are carried out.

The new school is located in two large rooms, facing east, on top floor of the



CLARA LOUISE WICKSTROM

themselves, and a one year's course to those wishing to prepare themselves for a working knowledge of the various domestic and trade sciences taught. The present class is small, but next year it is estimated a class of more than 200 will be enrolled. Instead of going through the high school many of the girls took up the trades. Others were almost ready for graduation, but all have finished the grammar school.

Principles of Cooking Taught.
In cooking the girls are taught these principles: First, cleanliness; what are and the selection of digestible foods, distinguishing between food for the manual laborer and the office or inside man; the arrangement of menus so that one food aids in the digestion of another; what kind of utensils to use and how to care for them; the testing of food products to determine their value as food; what the human body demands and how the demands may be met, both to the satisfaction of the palate and nature's laws.

Not one whit less scientific and important are the teachings with reference to sewing, which with cooking is the only art taught just now. The pupils learn to draught their own patterns, how to use a needle and how to use a sewing machine. What is more important, they are required to make their own garments while going through the course, commencing with the smallest and least in-

tricate article of dress and concluding the course with a full wardrobe.

How to Choose Materials.
The choosing of materials is another principle taught. The girl must know what kind of materials are good for each particular article of dress and how to call for it so as to cause shop people as little work as possible. This is being emphasized by Miss Wickstrom, who sympathizes with shop girls, who are kept busy for hours hunting for something the customer does not know by name.

Mrs. Charles E. Sitton, the only woman member of the Portland School Board, is given credit for the establishment of the new department. She is now traveling through Eastern states, visiting similar departments in other cities. Upon her return an effort will be made to widen out the present scope of work.

All of the time of each pupil is devoted to this work, covering three hours. All attest a full enjoyment of it and enter upon their duties with a zeal and enthusiasm not ordinarily seen when poring over textbooks.

"Mysterious Mr. Smith" Just Ed. Lyons.

Jovial Depotmaster Back at Good Samaritan Under His Real Name, and His Phonograph Comes, Too.

"MYSTERIOUS MR. SMITH" has been visiting again at the Good Samaritan Hospital. But it was not as a man of mystery he came this last time. With the metaphorical back, and off his face, Ed Lyons, depotmaster at the Union Depot, boldly entered the institution once more and registered in his own name.

The nurses were bothered. They were not sure just what to call the jovial railroad man, but they welcomed both him and his phonograph back, and while some called him "Mr. Smith," others were satisfied with "Mr. Lyons."

Mr. Lyons was discharged over a week ago from the Good Samaritan, but came back a few days ago. At his first visit he was known as "Mr. Smith," to avoid, as he later said, worry by his family over his absence. The fact that he had no visitors, wrote no letters and received his mail only by one special messenger, obtained for him the title of the "Mysterious Mr. Smith." The feature of "Mr. Smith's" stay was the huge phonograph that stood by his bed, and the greatest worry of the nurses was to keep it from dispensing canned melody at all hours. But this time there was no mystery. Just plain Ed Lyons is a patient, and his phonograph comes, too.

NURSES ALL LOVE "SONNIE"

Lad in Hospital Sighs for Today—and Plenty to Eat.

In room No. 222 at Good Samaritan Hospital is a patient who is the recipient of the envy and jealousy of every young man patient on the second floor of the hospital.

This patient, say the nurses, is the handsomest young man they have ever seen. Anyway, whose business but theirs is it if they choose to fall in love with him? And what does it matter if others feel the influence of the green-eyed monster? Anyway, they all rather regard No. 222, or, if No. 222 (the patient, not the room, this time), is taking a rest in the lobby nothing can be seen around him but the stripes of the nurses' uniforms. For No. 222 all the delicacies that can be obtained are cooked. For No. 222 the prettiest flowers are saved and to No. 222 are told all the funny things that happen in a hospital every day.

They call him "Sonnie." He is just 19 years old. He says he loves them all and he is such a plucky, jolly little fellow they all love him.

"I've only one worry," says "Sonnie." "They won't give me no call. Thanksgiving I had a lovely dinner—glass of water. But—" there was a sign of anticipation—"tomorrow."

There was a word of meaning in that tomorrow, for today "Sonnie" can have all he wants to eat. He's getting better now.

7 SCOWDWELLERS MOVED

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