

ment government, but for reasons unknown the students as a whole did not favor the project, and the idea died out. However, the students are beginning to realize that it is a desirable system, and many of the registration rooms have adopted the plan. Rooms 5, 6, 10 and 15 have accepted the system, room 15 taking the step on Friday. Harry Brubaker was elected president and Viola Harrington was chosen secretary of room 15.

The Eukrines held their weekly meeting Friday afternoon, but no debate was held, business matters only being under discussion.

James John High School Has Lively Organizations.

Dramatic Society Plays Big Part in Invitations Out-of-Schoolroom Activities—Girls Give Loyal Support to Athletics.

BY DROTT LARSEN. JAMES JOHN HIGH SCHOOL is the fifth and latest school to become a member of the Portland high school system. The total enrollment is 142 students, 77 of whom are freshmen. Mr. Fletcher, formerly of the Couch School, is principal.

While not having so many school organizations as larger numbers allow, the students are determined to push with vigor the activities already in force. In addition to the opportunities offered by class organizations, pleasure is derived from such opportunities for talent and ability encouraged in the following clubs and societies: dramatic society, athletic association, Hiak Klatawa, orchestra and girls club.

The dramatic society, though one of the youngest societies, has the largest membership. It is virtually the student body, and in lieu of that, directs and has control of various student affairs. The slogan which has grown with the society is "You can't enjoy yourself unless you belong to the dramatic society." Every year several plays are given, which are well attended by friends of the high school. Funds which defray senior expenses are realized by these plays. Last year the athletic association placed on a sound financial basis by the dramatic society.

The dramatic club elects a president and a board of directors are elected every term, and the board elects from its own number the remaining officers—vice-president, secretary, treasurer, and the chairman of the three standing committees. Two faculty members are appointed by the principal to assist as advisory members. The following are the present officers and committees: Drott Larsen, president; Ruth McGregor, vice-president; Minnie Nolen, secretary; Clifton Crouch, treasurer; Jennie McNiven, chairman membership committee; Francis Miller, entertainment and social committee; and Miss Clinton, chairman committee. Mr. Curtis, who is the other faculty member, will be of invaluable assistance in dramatic and glee club work.

The athletic association is the oldest of all the school organizations and has almost as large a membership as the dramatic society. This is due to the fact that the girls are loyal and enthusiastic members. The working plan of the athletic association is modeled after that of similar associations in the larger schools. The officers who govern this body are: Wesley Wrinkle, president; Louis Dunsmore, vice-president; Ruth McGregor, secretary and Curtis Phillips, treasurer. A manager for each branch of sports is elected by the members.

The Hiak Klatawa is a girls' hiking club. The Klatawa do not confine their hikes to the paved avenues, but go on camping trips over the mountains. Last year the club hiked to Forest Grove, their trail lying over the difficult hills on the west side of the river. A swimming party and a tramp in the hills constituted last week's diversions. The following are the officers of this club: Ruth McGregor, president; Olive Zimmerman, vice-president; Opal Weimer, secretary-treasurer; and Susie Lindley, sergeant-at-arms.

The orchestra is in the second year of its existence. Mr. Kritis is director. Aside from benefits to the individual members, the orchestra gives aid in various school programmes.

The dramatic society, in connection with the upper classes, entertained

the freshmen with a country-costume party. The "Wood Schule Graduation Exercises" was set with creditable success. The main feature which made it successful was the impromptu repartee between the "schoolma'am" and her charges. The refreshment committee served ice cream, cake, punch and salted peanuts in the gym, which was appropriately decorated.

Irrington School Notes.

The eighth-grade pupils of the Irrington School made their first school excursion of the term last Wednesday, when they visited the American can factory at Fourteenth and Front streets.

These school excursions, systematically planned and arranged by Principal Irwin, have become a feature of the school work. They are looked upon by the pupils as a part of the regular work and not as a holiday outing, and yet, they furnish sufficient deviation to make the regular excursion day welcome.

The object of this observational study is to open the eyes of the pupil to the physical and industrial world in close proximity to him, and to find in these instructive things the simple and fundamental problems of life.

The excursion gives the pupil the vantage point of personal observation of the working methods of modern business, and it is an incentive to investigation and stimulates pupils to read. It is practical rather than theoretical.

The work in the Irrington School is so arranged that those who wish to pursue this special line of study may have the opportunity to do so, and those not caring for the trip may remain in the building and continue the regular work.

During the last two years the classes have visited 36 different industries.

Benson Tech Fame Spreads to Far-Away Cities.

BY RAYMOND HILL. NIGHT SCHOOL opened last Monday night with the largest enrollment in its history. The total number of students the first night was 225, with a steady increase in registration all week. The number of the night students is practically as large as the day school students.

For the young man who is interested in electricity, here is an outline of the shop course taught in night school: practicable application of magnetic circuit theory of motor, transformer, armature winding, shop work of all descriptions, repairing and rebuilding motors and dynamos of all sizes, switchboard construction, both simple and complicated, practicable theory of alternating currents, power factor, curves, etc.; switchboard operating, consisting of parallel operation of alternators, direct-current generators, and, in fact, all phases of electrical operating.

For the machinist who wishes to advance his knowledge of mechanics it would be advisable for him to attend the night classes in the mechanical department.

In the night classes of the wood-working department there are taught all forms of cabinet making, carpentry and pattern making. In the plumbing department there are taught all forms of sanitary engineering, and as a special feature for telephone linemen there will be offered a thorough course in joint wiping, etc.

Just to give an illustration of how this school is growing and the way its fame is spreading across the continent, Mr. Cleveland, principal of the school, received a letter from a young man in Detroit, Mich., who stated that after hearing so much praise and publicity made on the work the machine shop, electrical department, pattern making, and, in fact, all the departments in the school have been doing, he decided to write and ask if we taught a correspondence course in trade English. He said he was a machinist and wished to fit himself for a higher position in the technical field, but did not have enough English; that is, his vocabulary of technical terms was not sufficient to do so. In his letter he said that a group of 15 men had formed a club with the sole purpose of studying trade English and technical possibilities, and that if we

Overworked Women



AMBITIOUS that their homes shall be kept neat and attractive, children well dressed and family well nourished, thousands of women in our homes are sacrificing their health to duty. They cook, wash, iron, dust, mend and sew, until some female trouble fastens itself upon them and their every day life is a continual struggle with weakness and pain.

Lydia E. Pinkham's Vegetable Compound

is the greatest American Safeguard to woman's health. For three generations it has been relieving women from the worst forms of female ills until there is hardly a town or hamlet where women do not reside who have been restored to health by its use.

How Three Overworked Women Found Help.—Their Own Statements Follow:

CUMMING, GA.—"I tell some suffering woman every day of Lydia E. Pinkham's Vegetable Compound and what it has done for me. I could not eat or sleep, had a bad stomach and was in misery all the time. I could not do my housework or walk any distance without suffering great pain. I tried doctors' medicines and different patent medicines but failed to get relief. My husband brought home your Vegetable Compound and in two weeks I could eat anything, could sleep like a healthy baby, and walk a long distance without feeling tired. I can highly recommend your Vegetable Compound to women who suffer as I did, and you are at liberty to use this letter."—Mrs. CHARLIE BAGLEY, R. 3, Cumming, Ga.

FLORENCE, SO. DAKOTA.—"I used to be very sick every month with bearing down pains and backache, and had headache a good deal of the time and very little appetite. The pains were so bad that I used to sit right down on the floor and cry, because it hurt me so and I could not do any work at those times. An old woman advised me to try Lydia E. Pinkham's Vegetable Compound and I got a bottle. I felt better the next month so I took three more bottles of it and got well so I could work all the time. I hope every woman who suffers like I did will try Lydia E. Pinkham's Vegetable Compound."—Mrs. P. W. LANSING, Box 8, Allyn, Wash.

ADRIAN, MICH.—"I suffered terribly with female weakness and backache and got so weak that I could hardly do my work. When I washed my dishes I had to sit down and when I would sweep the floor I would get weak so that I would have to lie down before I did my dusting. I got so poorly that my folks thought I was going into consumption. One day I read what Lydia E. Pinkham's Vegetable Compound has done for women. I showed it to my husband and he said, 'Why don't you try it?' I did, and after taking 2 bottles I felt better, and after 3 months use I am well."—Mr. A. E. BAKER, 9 Tecumseh St., Adrian, Mich.

Every sick woman owes it to herself to give Lydia E. Pinkham's Vegetable Compound a trial, for it cannot harm her, and there are a hundred chances to one that it will completely restore her health.

THE LYDIA E. PINKHAM MEDICINE COMPANY, LYNN, MASS.

taught a correspondence course in trade English they wished to take up a course immediately. Well, we teach trade English, but we do not have a correspondence course, so we cannot oblige the young man. But nevertheless the object we have in telling this is to give an idea of how the school is growing and gaining publicity.

The first basketball meeting of the season was held last Monday. The object of the meeting was to discuss plans for the coming season and to give out suits, etc. Basketball practice will commence immediately.

Student body officers held a meeting last Monday. The purpose of the meeting was to elect a nominating committee which will have charge of the candidates for the election of new officers, which will be held soon. We are rather late in getting our student body formed this year, but we have been so busy getting our shop work and studies arranged that we have not had much time for social purposes.

There has been an interclass indoor baseball league formed here in the school. The different year students will each have a team and will play a series of games, the winning class to be awarded with a trophy.

Woodstock Notes. Woodstock welcomes six new teachers to the corps this year, Miss Gunderson, Miss Hallingby and Miss Grou-

The Blue Bird



Carries the Message of Happiness

Not for years has there been any popular feature in decoration, whether it be in any one of the many fields of fancy work, in china painting, wall and window hangings, and the countless contrivances of household decoration, as the blue bird.

The fact that this little winged messenger is supposed to bring with it a note of happiness is doubtless the secret of its popularity. Assuredly, no one will ever get the blues from looking at the blue bird.

The design is illustrated in outline, so that the several figures may be cut out and grouped together, according to the wishes of the worker. The flight of birds, large at the first and diminishing in size to the end, will give a wide choice as to their use. Several uses are indicated in the illustration. Pillow covers, laundry bags, cravat hangers, sachet bags, nightdress cases, glove and handkerchief cases, crib and carriage covers, splashes, bath and guest towels, pin cushion covers, window curtains, and if one have a clever knack of stenciling, then portieres in crash or denim would take the blue bird design to excellent effect. The birds may be grouped closely, or spread out in a long flight.

The design carries well when merely worked in outline stitch. All of the blue and floss silks are suitable, and there are three shades of blue cotton thread which will withstand many visits to the wash boiler as well as to the laundry tub, light, medium and dark. Very good results may be had with either two or three of these shades. They will also work in well in the long and short stitch, using the darker colorings on the outside, and putting in the high lights with the fainter tint.

The flat Chinese embroideries, where no padding whatsoever is used, and the stitches do not overlap each other, are also suitable. This kind is rapidly worked and affords most artistic results when carefully done. The effect of each stitch must be calculated before it is put in; but the work is well worth the trouble.

One clever way of employing the blue bird motif is to work the design solid, with well padded feathers, making the stitches indicate the trend of the feather.

Then, with sharp scissors cut the bird entire from the cloth, pad the body part underneath with padding, and mount it as a decoration.

Even the milliners are using the blue bird decoration, working it flat upon large felt or velvet sailor shapes. And I have seen silk stockings with the blue bird embroidered in dark tones on the instep.