

# Women's Clubs--Women's Work

Edited by MRS. SARAH A. EVANS.

## Mrs. Donald McLean Vice-President of Oregon Club.

It was with no small degree of satisfaction many Portland women read the election of Mrs. Donald McLean to the highest office in the gift of the Daughters of the American Revolution. Through a long and brilliant social and public career Mrs. McLean has shown herself above all narrowness or petty jealousies, and broad enough to see beyond her own horizon. While her husband is an eminent lawyer they do not rank with the multi-millionaires but head the "blue book" in every other respect. Nor has Mrs. McLean been made president general by political pull, for neither she nor her husband is "in line for promotion," so it is fair to believe as one of her friends has said: "It was by her unflinching devotion, patient sacrifice, generous consideration, intelligent administration, administrative and executive attainments."

Another element however entered, which might serve as an object lesson to other organizations--when the contest became heated, and the opposition feared defeat, they made the fight a personal one, which, as it always does, sent a host of voters scurrying to the rescue. Over a year ago Mrs. McLean became interested in the "blue book" status, and was made the vice-president of the association for New York, since which time she has taken a deep interest in the progress of the work, and through her influence it has received marital aid from New York. Immediately her return to New York she intends to visit the Henry-Bonhard Bronze company to see the statue before it is shipped.

## Marshfield Club Holds Delightful Meeting.

The regular meeting of the Progress club at the home of the president, Mrs. Sengstacken last Tuesday afternoon was one of the most enjoyable affairs in the annals of the organization. "Contrary to the usual custom, the members through the courtesy of the hostess, had the pleasure of inviting a few friends. The literary feature of the day was an interesting and instructive paper on "The Conchology of the Pacific Coast," by Mrs. Sengstacken, who, having first awakened a keen interest in her audience with her superb collection of classified shells of the Pacific coast, proceeded to fire their enthusiasm with her descriptions of the various shells of the little inhabitants of our wave-washed shores. The paper was absorbingly interesting, and showed the speaker was thoroughly at home with the subject, that she had not depended wholly on textbooks for her knowledge, but that she had learned many of nature's secrets from personal research. Holmes' "Chambered Nautilus" was read with good effect by Mrs. T. E. Dow, and a play, "Shells of the Ocean," by Miss Hickworth, met with the applause her playing always elicits.

Mrs. Tower exhibited a quaint little lady that her clever fingers and head had fashioned from sea shells and the quotations were descriptive of shells from various parts of the world, as each member was furnished with a shell to illustrate her quotation.

The next meeting will be held with Mrs. Sengstacken, when Mrs. T. E. Dow and Mrs. Pruess will present "Our Foreign Possessions" for the consideration of the club.

## Oregon Club News Gathered From Abroad.

Miss Chase reports three new clubs in Oregon, organized within a week. The first, at Hillsboro, has the following officers: President, Mrs. D. W. Bath; vice-president, Mrs. Mary Anthony Ware; secretary and treasurer, Mrs. W. E. Thorne. Mrs. Ware also has a club at Miss Anthony. The second club is at McMinnville. President, Mrs. J. Wortman; vice-president, Mrs. W. C. Hembre; secretary, Mrs. L. L. Nicklin; treasurer, Mrs. J. W. Gault. The third, Forest Grove, has for its officers: President, Mrs. Anna M. Boldrick; secretary, Mrs. B. P. Walker; treasurer, Mrs. D. A. Graham.

Miss Chase gives encouraging reports as to the prospects of all these clubs. She says that Mrs. Boldrick is of the Beecher family, and is a very able woman and a genuine favorite. She has lived and worked in Colorado. Dr. Woods says that the honorary president of the Ardmore club voted in Colorado for 10 years.

## No Merit System For Chicago Teachers.

The power of organization is very well illustrated in the Chicago Teachers' Federation. This is probably the first instance of public school teachers uniting in a comprehensive organization, both in spite of tremendous opposition the federation continues to flourish and to increase in numbers and strength. The federation has outlined a policy which it means to force on the board of education, if it cannot induce the board to agree that its demands are just. The conditions the teachers consider fair include free provisions which are not in use elsewhere in the city for the most efficient teachers. Live questions are discussed, they ask that the promotional examination system established by the present superintendent of schools be abolished. They ask, also, that the regular yearly advance of salary for efficient teachers be adopted, as it has been adopted in New York city. Among other things they ask that a certain percentage of the tax levy be set aside by law for the payment of teachers' salaries; that a public state teachers' pension fund be established; that the teachers be given a voice in the selection of textbooks; and it asks for an elective school board, elected by men and women. Most of these things the teachers will get, simply because they are working in a body instead of individually.

## Clackamas Teachers Hold Instructive Institute.

One of the forces that make for better country schools is the teachers' county institutes which are usually held once a month and are only semi-official in character. Live questions are discussed, and the best thought and actual experience are exchanged by the teachers from the various districts, not only through excellent programs but in a wholly informal way. For at these meetings the social element enters largely, and the most delightful acquaintances are renewed or made. A very enjoyable institute was held by the teachers



Miss Kate M. Gordon, Corresponding Secretary Women's Suffrage Association.

of Clackamas last Saturday at Park Place, where the educators were the guests of the Mothers' club. The following program was listened to with interest by many: "Analysis in the Advanced Division," Mrs. Elizabeth Buck of Clackamas; "Ethical Training," Principal D. P. Matthews of Canby; "Music in the School Room," Principal W. Gilbert Beattie of West Oregon City; "Nature Study," by A. C. Starbrough of Butteville; "Elementary Agriculture," by Principal F. J. Clark, Molalla; "How to Teach Geography," by W. W. Dixon Taigant. A delightful lunch was served at the noon hour.

## What Has Been Done At Brooklyn School.

The alumni association of the Brooklyn school is one of the finest organizations of young people in the city. Its work is progressive and uplifting, and the fact that, in a way, it still brings the young men and women under the influence and control of their former principal, speaks volumes for both teacher and pupils. Last February the association gave an entertainment, the proceeds of which bought three dozen chairs and a beautiful golden oak library table for the assembly hall.

In the near future the Mothers' and Teachers' club of the same school will give another entertainment to provide additional furniture for the hall. Thus mothers, teachers and former pupils work hand in hand for the best interests of the school, and it shows itself in the bright wide awake pupils who are proud to be enrolled at the Brooklyn school.

## Club Notes Of General Interest.

A number of Portland club women will attend the Oregon City Women's club on Indian day, May 3. One of the



Anna Von Rydingsward.

features of the day will be, in response to roll call, short Indian legends. Several entirely new pertaining to this part of the country are promised.

Mrs. Mary I. Spaulding of The Dalles, one of the directors of the state federation and state secretary of correspondence, has been spending several days in the city.

Invitations are out for the Washington state federation convention, which is to be held in Walla Walla, May 31, June 1-2. This department acknowledges a courteous personal invitation from the president, Mrs. Mary M. Brown of Everett.

## Daughters of the American Revolution Meet.

At the last meeting of the Daughters of the American Revolution committees were appointed and plans discussed for the making of Flag day--June 14--a great day--a rallying day for all visiting daughters. A program will be given in Festival hall with the principal oration by a man of national fame. A reception will follow in the Oregon building. Although Multnomah Chapter in Portland is the only Oregon chapter, it will prove itself sufficient for the task of entertaining the national society. At this meeting the resignation of Mrs. McCarnant as regent was accepted with much regret and Mrs. W. E. Thomas was elected to the regency. Mrs. R. W. Wilbur was elected vice-president in Mrs. Thomas' place.

## State Federation Meets Next October.

It had been expected, in fact recommended, by the state board, that a wholly informal way for the annual state convention of the federation of Oregon clubs be changed from October to September this year, to enable delegates to visit the fair, attend the con-

vention and return in time to "mother" their children when school opens, but owing to conditions in Eugene, and the fact that many of the club members are connected with the university, the earliest date that could possibly be arranged was October 3-5. The call for this meeting will be sent out before the clubs adjourn for the summer, that delegates may be elected before fall, and save confusion as to who legally represents the club as president. Several amendments to the constitution will be offered for consideration. The principal one is for a change of convention time, as it is extremely difficult for mothers to leave home just at a time when children are entering school and the adjustment of the household is in progress after the summer vacations.

## Doff Your Feathers If You Go to Missouri.

The Missouri legislature ended its session in a "lively row" over the United States senatorship on the last day. According to the newspaper reports chair legs and other weapons were flying through the air. If the Women's council, the D. A. R., or any other body of women had behaved in that manner it would certainly have been mentioned in the papers far and near as a proof that women are too capable to vote.

Nevertheless the legislature put through some reform bills. One which will go into effect June 6 forbids Missouri women to adorn their hats with the feathers of any birds, except chickens, ducks, English sparrows, ostriches, horned owls and crows. The law even forbids hats or bonnets bearing the prohibited decorations to pass through the state. It is said an appeal will be made to the interstate commerce law to annul this last clause.

## The Passing of The Family Physician.

In an able address before the National Health league, Dr. Martha Caulfield of Cleveland made a strong plea for the "family physician" who she said, "used to be respected as a member of the family and trusted next to God, but who had degenerated into a lackey who simply bows the specialist in and himself out."

She believes a reaction is coming and that intelligent people are beginning to feel the need of the family adviser and counselor. In closing she said: "We believe every household should have a general or family physician, who is so expert a diagnostician that he stands head and shoulders above the narrow-gauge specialist."

## HOW TO CURE INSOMNIA.

From the Philadelphia Inquirer. Lying awake is often a habit. It is worth almost any effort to break up such a habit.

Insomnia is usually the result of one of three things--poor circulation, indigestion or mental distress. The person who studies himself carefully will be able to locate the difficulty and treat himself accordingly. For poor circulation try warm baths, warm-water bottles, brisk rubbing, soaking the feet and deep breathing. For indigestion take a warm drink before retiring or when sleeping. Drink warm water, eat a weak tea or cocoa and breathe deeply. For mental distress mere will power is the best. Close the eyes and as fast as the thoughts come drop them out. Carry on in the mind a house-cleaning process.

## SOME BOYS AT SCHOOL.

From the Kansas City Journal. James Hayson, a Burlingame, Kansas, boy, who is now teaching school in Siam, on one of the small islands in the Philippine group, in writing of his school says: "I have no girls in my school, as the religion of the island requires the girls to stay home from the public until their wedding day. In my day school all the boys are Chinese and Moros, and some of them are attired in a kind of parted skirt, with or without a shirt; some wear a piece of cloth (worn like a haversack), the utility of which I have not been able to study out yet, and last, but not least, are those who come and are not attired. Many of them are very smart, however, and are learning very rapidly. "My night school is made up of constabulary soldiers entirely, and my work with them is chiefly teaching them to write their names, as those who write, write Arabian, which looks like shorthand, but which I suppose is the longest hand on earth."

## FAT FOLKS



267 lbs. 180 lbs. MRS. E. WILLIAMS, 888 Elliott St., Buffalo, N. Y. Lost in weight ..... 87 pounds Lost in bust ..... 8 inches Lost in waist ..... 10 inches Lost in hips ..... 20 inches This picture gives you an appearance before and after my reduction by Dr. Snyder. My health is perfect. I am able to do better work in my life, not a minute to be lost. Why carry your burden longer when relief is at hand? SEE JERREN STOCKTON, Sheridan, Or. Lost 60 pounds. MRS. J. S. BROWN, Dallas, Or. Lost 65 pounds. Dr. Snyder guarantees his treatment to be perfectly harmless in every particular. No starvation, no starving, no detention from business, no wrinkles, no discomforts. Dr. Snyder has been a specialist in the successful treatment of obesity for the past 25 years, and has the unqualified endorsement of the medical fraternity. A booklet telling all about it free. Write today. O. W. F. SNYDER, M. D. 618 Madison Bldg., Sixth and Morrison streets, Portland, Oregon.

# Free! Free!

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Read Conditions, Send in Nomination Blank, and Get to Work at Once!

Owing to the wide general interest in the Lewis and Clark Fair, THE JOURNAL will pay the expenses of twenty trips to the fair, for the most-popular persons outside of Multnomah county.

THE JOURNAL will pay the entire expense, including railroad and sleeping car fare, admissions to the exposition for one week, hotel bills for one week and other amusements.

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Columbia and Clatsop counties... 1	Douglas county..... 1	Grant, Harney and Malheur counties..... 1	Washington and Tillamook counties..... 1
DeWitt county..... 1	Josephine and Jackson counties 1	Klamath and Lake counties..... 1	Yamhill and Polk counties.... 1
Linn county..... 1	Marion county..... 1	Lane county..... 1	Eastern Washington..... 1
		Western Washington..... 1	

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## Conditions of The Journal's Lewis and Clark Contest

- The basis on which credit for votes will be given is, one vote for every 10 cents paid in advance for new or old subscriptions to the Daily and Sunday, Daily, Sunday or Semi-Weekly editions of THE JOURNAL.
- Any person residing in any of the designated localities can enter the contest at any time prior to June 10, 1905, provided their nomination is properly indorsed by two well-known citizens of their district.
- Every person who enters this contest must be properly nominated on blank printed in this paper, before votes will be counted. A nomination blank can be sent in by any one who desires to nominate a person, provided the person is properly indorsed by two well-known citizens of the county in which they live.
- The person having the largest number of votes in each district will be entitled to the free trip for the district.
- Ballots clipped from THE JOURNAL must be voted within one week after issue of paper and no vote will be counted unless the person is nominated. List of nominations will be published frequently, and if your candidate is not already nominated, fill out and send in nomination blank at once. Only one nomination blank is necessary.
- Any contestant may obtain votes outside of their county or district, but they will only be credited to the district they are representing.
- The right is reserved to withdraw this offer from any district where there is not more than one candidate entered prior to June 1, 1905, and no employe, or member of employe's family, of THE JOURNAL can enter this contest.
- Cash must accompany all subscriptions, and no accounts will be opened nor votes credited unless remittances are sent direct to THE JOURNAL, Lewis and Clark Contest, Portland, Oregon. Paper will be delivered by mail agent or carrier, as requested by subscriber.

## NOMINATING BLANK

### The Journal's Lewis and Clark Contest

One of these blanks must be sent to THE JOURNAL for each candidate before votes will be counted. The names of all candidates will be published and only one of these blanks need be sent in for a candidate.

I hereby place in nomination,

(Name) .....

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Occupation .....

Occupation .....

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Lewis and Clark Contest

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