

ALMOST ALL FOR BELT LINE

Committee of One Hundred Adopts Resolution Addressed to Council.

USE FRONT STREET AND EXTEND LENGTH OF CITY

McKenna Argues That City Can Afford to Construct Line, That Income Would Pay Interest on Bonds and Eventually Give Revenue.

Disagreeing only on the wording of the resolution, the recently appointed special committee of 100, at a meeting in the city hall last evening, voted almost unanimously in favor of construction and operation by the city of a belt line on Front street, and asked the city council to take action to place the question before the voters of the city, to be decided at a special election. The resolution as adopted is as follows:

Resolved, That the honorable city council of the city of Portland, Oregon, do, and hereby is, most respectfully requested to specifically declare by ordinance in accordance with section 14 of the city charter, its determination that the public interest demands the construction of a standard-gauge belt line street railway on the west side of the Willamette river, and utilizing Front street for that purpose, to extend from the southern to the northern line of said city, and to publish said ordinance as by said section required.

Upwards of 50 persons were in attendance, including the mayor, councilmen and representatives of traction companies contesting for the grant of a franchise on Front street. The meeting was organized by the election of Willis Nash as president, and O. W. Taylor as secretary.

Swears Independent Action.
Addresses were made by Mr. Nash, president of the board of trade; F. I. McKenna, who is urging municipal construction of the belt line and a system of connected boulevards on both sides of the city; J. Whyte Evans, president of the United Railways company; W. E. Thomas, attorney for the Willamette Valley company; Thomas McCusker and others.

Mr. McKenna advocated independent action by the city, and avoidance of alliances with any corporation excepting in the ordinary course of traffic arrangements after the line is built. He said the city was financially in good condition to construct the line; that its legal right to do so was beyond question; that the citizens could vote to build and acquire any public utility, and that now was the time to establish a system of belt line transportation, boulevards and bridges that would connect and beautify the city and yield revenues that would pay all interest and original cost and ultimately give the city a net revenue to use for further improvements. He said no franchise should be granted that would give any company control of a Front street line.

We Urge to Offer.
W. E. Thomas urged that the city could afford to let the Willamette Valley company build the line and then make a present of the property to the municipality. He said there were no strings to the company's offer, and that it had no intention of bottling up the south part of the city. J. Whyte Evans declared his company would fight strenuously against the city granting a franchise to any other company, and that his company was willing to accept municipal ownership rather than see the franchise go to a rival.

Allegations were made by Mr. Evans, and by Thomas McCusker, that the Southern Pacific company was back of the Willamette Valley company, and counter charges were made in a good-natured vein by Mr. Thomas. There has been talk on the streets for the last week that both the United Railways company and the Willamette Valley company were under the same influence, but no one of those who claim to have knowledge of such connection has come forward with proof to back the assertion. Officials of both companies have emphatically denied any connection with each other or with the Southern Pacific.

The meeting got into a warm discussion on this question, and was brought back to the business in hand by a motion to adopt the above resolution. The measure passed with a standing vote.

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BREATHING FOR BEAUTY.

Over and over again the same things have to be said to make any impression, and while one would think that breath being life, people would take pains to breathe, there is no one vital thing so wholly neglected as this.

We can live without food almost indefinitely, we can live without water a much less time, we can live without breathing about one half minute.

From that it is easy to see that "the breath is life" is something more than a matter of theory.

There are two ways of breathing—the mechanical, the automatic way, which is taken care of by the subconscious mind and of which we take no notice, unless it changes to be stopped in some way; and the intelligent, voluntary breathing for a special purpose.

The intelligent breathing, properly understood and faithfully practiced, contains almost unlimited possibilities for health and beauty and many writers affirm that you can also breathe your way to wealth and happiness.

Now, it is always better to believe too much than too little, so we will just assume that these last mentioned enthusiasts are right and that will perhaps help us to persevere after we have learned to breathe.

Right here it may be a good place to ask if you don't think that we women are rather lacking in persistence and the ability to stick to a good practice through thick and thin.

Suppose we are thoroughly convinced that, for example, five, full deep breathes of pure air with correspondingly slow and thorough exhalations every morning when we rise, how many of us would persevere in that habit until we began to feel the beneficial effects so strongly that we would have no desire to drop the practice?

One writer has said wake up gradually, and that is a good idea, as it saves the system from the shock of passing from sound sleep to the state of being actively broad awake.

This deep breathing exercise is a good way of waking up in the morning and it is just as valuable to help you to go to sleep at night.

Perhaps you say you don't see the use of troubling yourself about breathing when it will take care of itself, and you have so many other things to think of.

Breathing that fills every air cell of the lungs does three things that your ordinary breathing never does, it tends to keep the lung tissues throughout their entire length and breadth free from deposits that may later develop into tuberculosis, it cleanses the blood of impurities that the ordinary half breath will never reach, it gives the internal organs exercise which they require quite as much as the muscles do, as it acts as a sort of massage and is the only way possible to provide exercise for these organs.

This, you will see, tends to remove any and all troubles of the intestinal tract, not only because of the exercise obtained from the deep breathing, but because it has purified the blood, which returns to the stomach, pure and vigorous, capable of doing its proper work.

Then there is another consideration that borders so closely on the spiritual side of life that we may very properly call breathing a spiritual exercise, an act of faith.

Scientists have discovered that air that has been breathed over and over is very injurious. They formerly believed that the poisonous quality of this stale air was due to the presence of carbonic acid gas.

They now discover that while this is true, it is impure air there is a mysterious and so far unexplainable substance to which this poisoning is due. They cannot separate it from the other constituents of bad air and they only know it by its effects.

No doubt it will some day be hunted down, analyzed and named.

Now in pure air it is supposed that it is the oxygen which has such a beneficial effect on the blood and so on the entire organism, and to a large extent this is true; but as in impure air the intrinsic impurity evades the chemist, so in pure air there is something that builds and inspires and uplifts that is more than oxygen but that also escapes scientific classification.

For thousands of years the adepts of Asia have known this and they name this force "prana" and teach a great many breathing exercises by which it may be stored up in the system just as electricity is held in reserve in a storage battery.

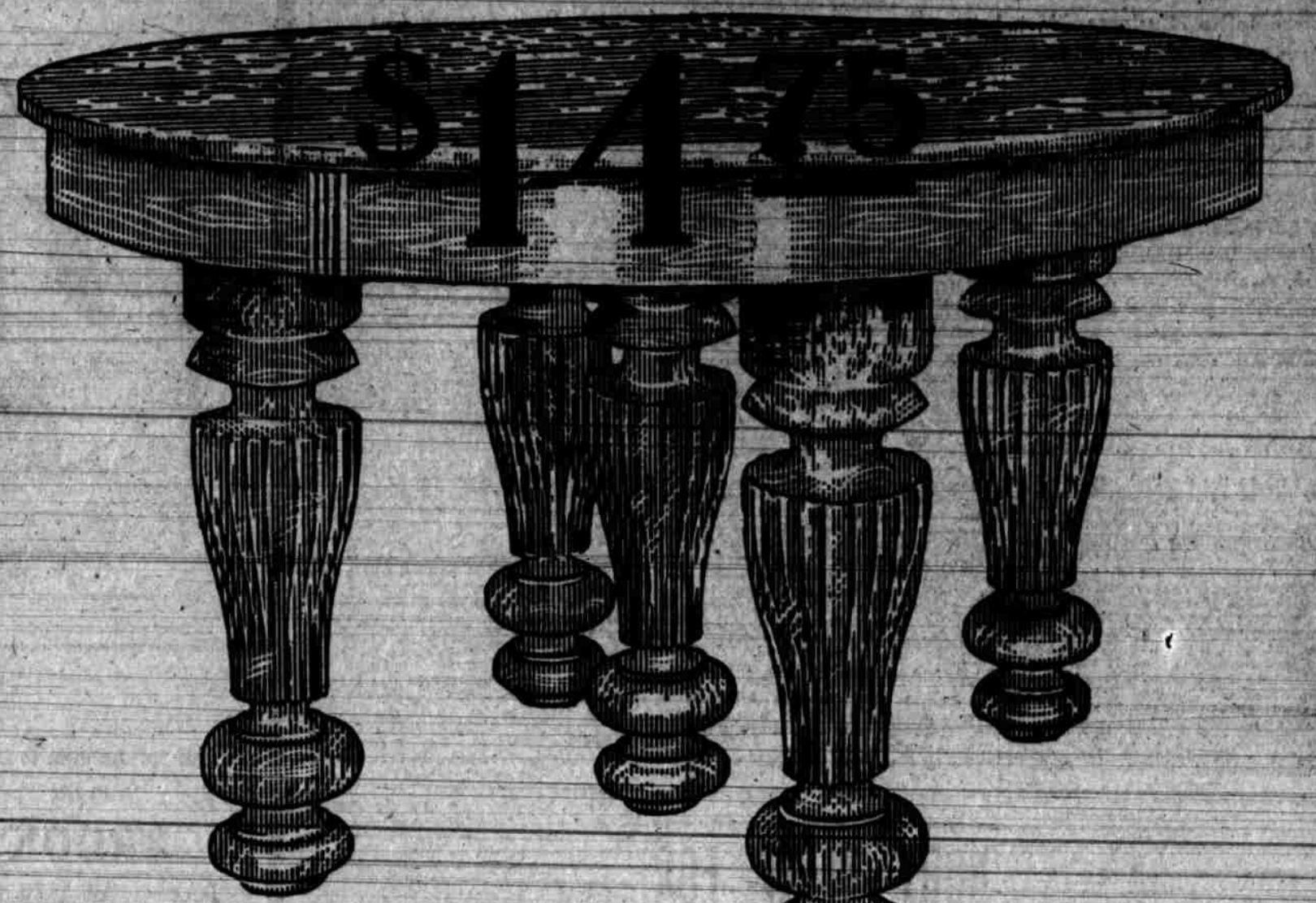
But for our busy women—suppose we take some full deep steady inspirations every morning with just as deep and steady exhalations, and then, whenever we step out into the open, draw deep breaths of the fresh air down into our lungs until deep breathing becomes a habit.

You will not realize the value of this habit until you watch the feeble, quick, shallow breath that you ordinarily live on.

But what has all this to do with beauty? Our ideals of health are so miserably low that we have, the most of us, no idea of the beauty that is in the strength, the sunshine that radiates from a perfectly healthful woman.

"What is beauty?"
 "Beauty is its own excuse for being!"
 It lives always "in the eye of the beholder."
 It is the fruit and flower of perfect health.
 What is charm?
 Something to which everybody bows and pays homage but it can no more be defined than that mysterious something in the air that gives us mental strength and spiritual inspiration.
 But charm and perfect health of mind and body are inseparably found together; and beauty (whatever form it takes) is always a captive bound to the chariot wheels of charm!
 Get an ideal in your mind of what perfect health really is and then do this little breathing stunt faithfully until you feel the effects of it and have no wish to abandon it, as an aid to the realization of your ideal.
 By the way, a Portland woman, Elisabeth Towne, has written a bright little book on breathing, called "Just How to Wake the Solar Plexus." This book is used as a text book by the teachers of physical culture in a very select girls' school near Boston.
 It costs but a quarter and is a good book to tie to.
 "If health was a thing that money could buy,
 The rich would all live and the poor would all die."
 —Dr. Logan.
 Fortunately we can yet breathe as

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UNITED WORKMEN ARE FACING FINANCIAL CRISIS

(Journal Special Service.)
 Syracuse, N. Y., March 4.—In order to consider the financial condition of the order in this state and possibly of obtaining financial relief from the supreme lodge the New York grand lodge of the Ancient Order of United Workmen today began a special session in this city. The finances of the state organization are said to be in a critical condition, there being a surplus of but \$20,000 against beneficiary claims aggregating \$700,440. According to claims of the officers, the grand lodge of the state of New York is entitled to financial assistance from the supreme lodge to the extent of upward of \$600,000 under the rules of the order.

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REAL GOLD MINE IS FOUND UNDER NEW YORK CITY

(Journal Special Service.)
 New York, March 6.—A real gold mine whose quartz assays very high has been discovered on lower Broadway, within a stone's throw of Wall street. The "strike" was made 174 feet under the street level under a handsome new building being erected for the Title Guarantee & Trust company at 176 Broadway.
 To equip the building with plunger elevators, four holes, each about nine inches in diameter, were drilled. At a depth of 174 feet Samuel C. Pyle of Wilmington, Delaware, who besides being foreman of the bricklayers, is a mechanic, mineralogist, geologist and metallurgist, noticed stray bits of stone brought up from the plunger holes and pocketed several pieces. He took them home and worked the specimens until he had a nice little lump of pure gold.
 Since then Pyle has assayed similar samples of the ore found in the same borings under Broadway and says that in some of them the gold runs as high as \$2,000 a ton. The immediate surface value of the reality thereabouts precludes the possibility of a gold craze following the strike.

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