THE OREGON DAILY JOURNAL, PORTLAND, SATURDAY EVENING, MARCH 17, 1908



THE OWET HOUD

This subconscious mind is all we have ever been, but our prevailing thought and our usual mental habits are what give it character and "bent" We arease this subconscious mind, but after it is once created—has at-tained its majority, it is apt to take the governing power into its own hands

the governing power into its ewn hands. That is why it is so hard for elderly people to change their habits of life or thought; they have handed over the sceptre to the subconsclous mind which is meant to be their obsdient servant. It should be as easy for the "old" person to take the initiative, to embark in new enterprises, as for the young; it should be easier, because of their greater experience, if, they had kept control of the subconscious mind and not permitted it to extend its control of the physical functions to the opera-tions of thought until mental processes have become involuntary and automatic. like the physical. like the physical.

have become involuntary and automatic. like the physical. It is in reality this condition which constitutes "old age." Now it is largely—may, wholly—in the control of our will to build into the subconscious mind just what we want it to hold; it is that which makes us our own creators. Then take a quiet hour for counsel with yourself and determine just what from this time on you will give into the keeping of this part of your mind. Suppose you begin by telephoning down to subconscious that there is ab-solutely nothing in this world to worry about; that will cause an immediate insurrection among all the little army of frets and worries that have head-quarters down there, but persist in sending that message until the midgets that tormented you are starwed to death and you can be caim and undisturbed in the face of things that once would have made you positively ill. This thing can be done because it has quarters down there, but persist in scading that message until the midgets that tormented you are starved to death and you can be caim and undisturbed in the face of things that once would have made you positively ill. This thing can be done because it has been done, and if you have the worry habit and are "careful and troubled about many things" make it your very text the life there is in the open. Fancy walk-ing 15 miles to find the rapture in one wee flower. This is the kind of enthusiasm that energizes soul and body, that sums and broadens the mind. The things" make it your very

been done, and if you have the worry habit and are "careful and troubled about many things" make it your very

what we require for the special emer-sence, no matter now crivial of insig-nificant it may appear. I know of no more beautiful nor more wonderful lilustration of this than is to be found in the story of a band of Quakers, who, when the Puritan persecu-tions were at their height in the New England colonies, left England, intend-ing to join misfortunes with their per-secuted brethren in the new country. The ship was scarcely seaworthy and there was no navigator on board. But his little band who believed im-plicitly in the leadings of the spirit, were undaunted. Every day at noon they gathered in the cabin in silence to listen for the Voice that speaks with-out sound, and not once were they dis-appointed. Bometimes one, sometimes another, would get the word of guidance for the day. There was no doubt, no hesitancy;

day. There was no doubt, no hesitancy: there was instant obedience, when once the word was received.

the word was received. As a result of this, they made their port in safety. This is probably the only case on record of a ship navigated to its des-tined haven by wisdom received first hand by the super-conscious mind. This story appeared in the New England Magazine a year or more ago, written by a man, a descendant of one of these worwgres.

of these woyagers. The super-conscious mind-to con-tinue the illustration of the trea-is that topmost aspiring bough that climbs toward the sun and never stops.

CORRESPONDENCE.

Following is a delightful letter from one of our "Realm" and it gives me

<text><text><text><text><text><text><text><text><text><text><text><text><text><text><text><text><text><text>

THE INSIDE CRICKET.

The inside cricket's wee body is sore From long hours spent on the hardwood

floor. Perchance his diminutive spirit grieves For the deep, dark grass and the damp, cool leaves, Where his boon companions sleepily

sway, Dreaming and chirping the night away. But the inside cricket, he cannot fly To join his companions who live near by; Yet he tunes his lyre, right loudly

chirps he, As bravely as they and as merrily. And the people hearken from far and hear

To their cricket who brings good luck

and cheer. od luck!" says the dame, as she be the door,

the door, And her back that was aching, aches no more. "Good luck!" laughs the maid, "does the cricket bring," And she dreams that ber lover is crowned a king. And, "God bless the cricket!" the farmer

cries; shall see fine crops ere the dies." The moon aligs under the distant hill, The insects cease and the world is still; But the inside cricket sings on and on, Till the first faint streaks of the sum-

mer dawn. --Mary Small Wagner in Watson's Magazine.

HERE AND THERE.

TRIOLET OF THE VIOLET. Behold the modest violet, Bo shrinking and demure.

Yet on millady's corange set Behold the modest violet; A thousand bunched—for me a debt Of twenty dollars sure! Behold the modest violet, So shrinking and demure! Peter Pry Shevlin.



Blouse Coat Walking Gown.

There is no lack of variety in the style or cut of the coats to be worn this spring. The short Eten, the Louis XV, the box and the Russian blouse coat are equal in their popularity. This model shows the latest design coat are equal in their popularity. This model shows the latest design foot. in the Russian blouse coat. The ma-The hat is trimmed with beautifully terial is a striped canvas cloth in a light buff color. shaded ospreys and ribbon of the shade of the dress, the brim formed of Tuscar

HOME TRAINING

At the meeting of the association last Thursday Mrs. Alvin S. Hawk read an interesting paper on "Children: Their Models and Critice." Bhe emphasized the important part that example and environment play in the making or unmuking of the child's character. Mrs. Hawk said: "Teach your children that model men and women breathe pure air, use water freely inside and out. • • • Teach your son to be a man of his word and when to say no. Teach him to be genite with his sister and mother that he may be so with his wife. "Teach your daughter that a model with his sister and mother that he may be so with his wife. "Teach your daughter that a model with his sister and mother that he may be so with his mite. "Teach your daughter that a model with his sister and mother that he may be so with his wife. "Teach your daughter that a model with his sister and mother that he may be so with his mite. "Teach your daughter that a model with his sister and mother that he may be so with his mite. "Teach your daughter that a model girl can cook a thoroughly good meal, "Teach a cook a thoroughly good meal,

girl can cook a thoroughly good meal, can sew, even to making her own clothes, should know when a house is thorough-in close from sarred to be afraid to go mygirl can cook a thoroughly good meal, can sew, even to making her own clothes, should know when a house is thorough-ly clean from garret to basement and how to clean it herself, if necessary. "I do not believe that the duty of choosing or being a model devolves en-tirely on the mother, but that the father should be equally responsible and if your husband is what he ought to be I believe he can have as much if not more influence over the children than you. Girls and boys whose father is their confidant seldom go astray. "When I was a young girl I used to spend fivy vacations with a married sis-these visits, and while I did not marry for years after. I took my brother-in law for a model in choosing a husband and in trying to rear my little ones. "From 'the time my little ones. "Thore is a partner." "At that time they were living on a farm in Missouri, but the boy feit he was running the farm and as he grew and was able to understand he knew all

turned, and the midget was asleep on had gone to Yonkers to visit my sister, her cushion in the parlor, but hearing leaving our Dunellan home in the care volces came frisking to the kitchen, And Bruno, close behind the man, though it being dark, neither of us was aware of it, darted forward like a flash and seised her in his terrible me.

though it being dark, neither of us was aware of it, darted forward liks a flash and selsed her in bis terrible jaws. " Tran, clutched him by the threat, when he at once dropped Sybil, turned furiously upon me and buried his terrible m ar arm. " Tran biogd was streaming from the bronzbie wound, and while the man hur: " The biogd was streaming from the more the away for the doctor I bound a towars about 11 and told Bruno to come with me. " The seemed unable to rise, but crawled feebly after me to his kenned. " The seemed unable to rise, but the mobile creature's heart was broken where I chained and left him. I think the mobile creature's heart was broken worat he had ever seen, as fragments of my sieve wire deeply imbedded in: the stash, and had to be removed be for the safety of anything but her stion that amaifested no solicitude for the safety of anything but her sease it was done, and the doctor stiended mut the woolfing. Had he bitten any one else I should have had him killed, but a twas myself, and f foit that J hava never means by its conjectured fract make reparation. I know now, though it is a sin to hurt the feelings of anything the safety waked. "The he was a doe files Bruno." "That her was never himself after ward. The air of pide and file that may it it was prof, and something shiet, as if y her ward. The air of pide sand files files it may myself, and f foit that Thata profile and mover filly realised it then the dog bagen to act strangely and grow like at mean straight parkets, as if y her was a the way broke files from has seen a fright adhered in the stime the its a sin to hurt the feelings of anything the the stime has ever and by a life of the as a more to bride and dignity was prof, and something shiet, as if y he was advays begging pardon, had taken its place. He attached himself for how what was indeed true, that I was the only one who could understand and the have bis courser is the astore or file place the was advays begging pardon, had take

first business to get that habit, root and branch, out of the subconscious mind.

mind. In its place plant courage and faith. These two things tend directly to men-tal and physical well-being, and in our daily lives we have hardly come to any but the faintest realization of their sig-

nificance. It is strange, too, when both the Old and New Testaments, which we think we believe, are full of them. "Be strong, fear not," is a good message to telegraph to the subconscious mind so often and with so much vigor that it is if inally builded into every fiber of it. Oh, sister women, this is not idle talk; it is not "space writing"; it is the living truth. We can build faith, hope,

A NATURE LOVER.

Editor Realm Feminine-Dear Mad-am: Unknown though you are to me. I want to tell you that I take and derive great pleasure in reading your depart-ment of The Journal, especially all that

The issue of the 12th contained so much that appealed to me that I feit I

Claim for their author great St. Faul, Who next writes to Timothy. Then Titus and Philemon see, While Hebrews the last letter claims. Next comes the epistic of St. James, While Peter, John and good St. Jude With Revelation both conclude.

DIED SUDDENLY OF HEART DISEASE

OF HEART DISEASE. How frequently does a head line simi-far to the above great us in the news-ness of the American people has a strong tendency to lead up to valvular and other affections of the heart, attended by ir-regular action, paipitation, diziness, mothered sensations and other distresses. The of the prominent ingredients of which Dr. Pierce's Golden Medical Dis-for the cure of just such cases. Golden for the cure of just such cases. Golden for the cure of just such cases. Golden authority, "to impart tone and in-reased power to the heart's action." Numerous other leading authorities rep-monthered senses in most insurpassed tonic for the muscular system in general-and the most important ingredients of which be most important ingredients of the marvelue of the heart's action. Numerous other leading authorities rep-monthered senses is almost wholly com-posed of muscular tissue. It naturally follows that it must be greatly strength-for the more of the heart's action in-the marvelue cure of collineous factors of "Golden Medical Discovery," so far of the marvelue cure of collineous factors probably the most important ingredient of the marvelue cure of collineous factors is allow Medical Discovery, so far other affections of the heart are con-protent is firsten and a patient who was here the the firstend wave of collineous down when the the firstend wave of collineous the protent is the stread of from flomes here the the firstend wave of collineous the protent is also recommended by Dra-He in error is also recommended by Dra-He in the is also recommended by Dra-He in the and Elling wood, of Chicago, for

such cases, and in most instances effects a Stone root is also recommended by Dra. Hale and Ellingwood, of Chicago, for valvular and other diseases of the heart. The latter says: "It is a heart tonic of direct and permonent influence." "Golden Medical Discovery," not only ourse serious heart affections, but is a most efficient general tonic and invigor-ator, strengthening the stomach, invig-orating the liver, regulating the bowels and curing catarrha. affections in all parts of the system.

Dr. Pierce's Pellets sure Constipution

The upper part of the coat is laid in straw. deep box pleats, which extend below the It is one of the smartest costumes d waist, and are held in tightly by a wide signed for the coming spring.

THE BOOK SHELF

THE BOUL OF A DOG.

the door in his face without an apology. Bolta and bars, locks and keys grew rusty for lack of use while we had him. "One summer a woman came to board with us, bringing with her a mite of a THE SOUL OF A DOG. By Mrs. A. A. Walker—A True Story. It was a rainy evening and the guests at "Summer Lodge" who, had the weather been fine, would have occu-pled lawn and veranda chairs in the open, were assembled now in the parlor. In the little village less than a mile away there was a mad dog panic—with small reason as was afterward discov-ered—and one of our number on his way from the train that very after-noon had been attacked, in return for a kick, by a dog thought to be under the ban. And though he had suffered no visible injury other than a slight tear in his coat, the encounter had not conduced to the mental poise which, in one of the lords of creation, is al-ways admired by woman. Naturally enough, the conversation King Charles spaniel, weighing less than three pounds. Sybil was the name of this bit of black and white floss, and her belongings, which filled a large Saratoga trunk, were out of all propor-

tion to her size." "What were they?" asked one, curl-

"What were they?" asked one, curl-ously, who was unacquainted with the ways of idle women with pet dogs. "Dear me, what weren't they? Every-thing, as far as possible, that the infant royal would have, with a maid in cap and apron to wait upon her." "Great Scott!" broke in the gentle-man whose coat had lately been torn, "what hope is there for the race when such fool women are at large, instead of being in institutions for feeble-minded, where they beiong "

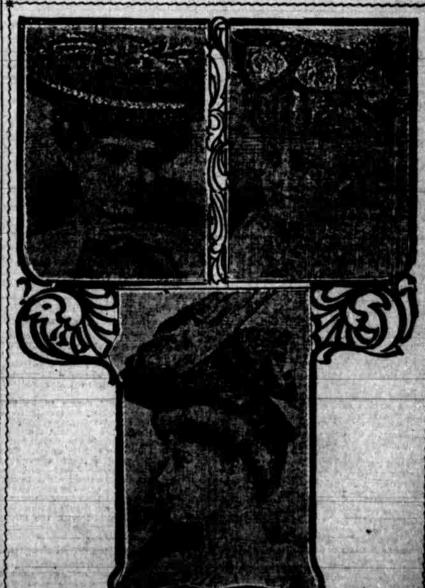
ways admired by woman. Naturally enough, the conversation had turned upon dogs and hydrophobia, and nearly everyone present had a story to tell of some friend or acquaintance who had suffered from a bite of a dog. though none of the company confessed to having known personally of a case of hydrophobia. Two of the sentlemen exhibit scars on

of being in institutions for feeble-minded, where they belong?" "I suppose Bruno would have said much the same, could he have talked," replied our hostess, "Every morning Sybil was bathed, massaged, combed, curled and laid on a sliken cushion in the sun if it shone, if not by the fire. Then, after a nap, if the weather was thought sulfable. of hydrophobia. Two of the gentlemen exhibit scars on their hands, telling when and how they had been savagely bitten. "And never had rables," queried one. "Only the sort with which our friend here, who was attacked this afternoon, is afflicted." if the weather was thought suitable she was wheeled out in her carriage, a costly affair upholstered in pale blue satin and fringed with tiny sliver bells. She always had her place at the table, is afflicted." At this there was a general laugh. Some of the stories told on this oc-casion, which made good material for the notebook, were humorous, others pathetic, but all interesting, proving, as they did, that though people are fre-quently bitten by dogs it is seldom that

<text><text><text><text><text><text><text><text>

Its place. He attached himself to me more closely than ever, seeming to know, what was indeed true, that I was the only one who could understand and condona his one lapse from loyalty." "Were you never afraid of hydropho-bis?" asked one. "Yes, once about a year after I "Yes, once, about a year after. I ing their thumbs.

The Way to Do Sh. From the Chicago Tribune. We have discovered a way to over-come our awe of the truly great and pompous. We shut our eyes and imag-ine them as fat, drooling bables, chew-ine their thumbs



Cut shows three simple but very pretty Spring Hats. The but in lower panel is a smart idea in navy Yedda straw, with a saller crown encircled with ribbon, velvet, and a white dave need the side. On the right is a turban hat of navy fancy plaid straw with rosettes of double white violets and plaited tuille and mory straw rosetts. Hat in lower panel on the left is a very chara-ing hat in pale pink and deep red straw with ruche of red talks.



From the New York Sun. Matthew, Mark, Luke and John Tell what by Christ was said and done Acts both of the apostles tell And how the holy spirit fell. Romans, Corinthians and Galatians Romans, Corinthians and Galatians Hard by Ephesians take their station Then the Philippians, hand in hand With the Colossians, take their stand By Thessalonians: each and all Claim for their author great St. Paul,

New Testament Rhyme