

Tired, Nervous Mothers

A nervous, irritable mother, often on the verge of hysterics, is unfit to care for children; it ruins a child's disposition and reacts upon herself. She is a source of misery to every one who comes under her influence, and unhappy and miserable herself. She cannot help it, as her condition is due to shattered nerves caused by some feminine derangement, with back-ache, headache, and all kinds of pain, and she is on the verge of nervous prostration. Proof is monumental that nothing is better to regulate a woman's health than

Lydia E. Pinkham's Vegetable Compound.

Thousands and thousands of women testify to this fact.

Mrs. Nellie Makham, of 151 Morgan St., Buffalo, N.Y., writes:

"Dear Mrs. Pinkham:—I was a wreck from nervous prostration. I suffered so I did not care what became of me, and my family despaired of my recovery. Physicians failed to help me. I was urged to try Lydia E. Pinkham's Vegetable Compound, and I want to tell you that it has entirely cured me. I think it is the finest medicine on earth, and I am recommending it to all my friends and acquaintances."

Mrs. Geo. A. James, a life-long resident of Fredonia, N.Y., writes:

"Dear Mrs. Pinkham:—I was in a terribly run down condition and had nervous prostration caused by female trouble, in fact I had not been well since my children were born. This condition worked on my nerves, and I was irritable and miserable. I had tried many remedies without getting much help, but Lydia E. Pinkham's Vegetable Compound brought me back to health and strength. It has also carried me safely through the Change of Life. I cannot too strongly recommend your medicine."

MRS. PINKHAM'S INVITATION TO WOMEN.

Women suffering from any form of female weakness are invited to communicate promptly with Mrs. Pinkham, at Lynn, Mass. From the symptoms given, the trouble may be located and the quickest and surest way of recovery advised. She will hold your letter in strict confidence as indicated by the fact that every private letter received by her during the last twenty years, and more, she now has in the Company's laboratory under lock and key, and no testimonial has ever been published without special written permission. Her advice is free and always helpful.

LYDIA E. PINKHAM'S VEGETABLE COMPOUND, a woman's remedy for woman's ills, made from Native Roots and Herbs, complies with all conditions of the new Pure Food and Drugs Law, and is so guaranteed.



THE REALM OF THE FEMININE

BY HELEN HAWTHORNE

Nursery Talk.
The guardians of childhood are of two classes—speaking in a large way—those who coddle and those who toughen.

The coddlers are usually themselves somewhat feeble in health, or in vitality. They have accustomed themselves to over-heated rooms, lack of exercise, heavy food and general muscular flabbiness. Such parents or nurses swathe a child in layers of flannel in a warm room, so that when he runs or exercises he is immediately thrown into a perspiration. When he goes out it is not possible to pile enough more clothing on him to counteract the difference in temperature, and he is apt to take cold. Not because he had not enough clothing on, but because he had too much at the wrong time.

The perils of the coddled are, however, few in comparison to the well-meant cruelties which surround the lives of the innocent victims of the toughening process.

I know that our poor little mothers went about in low necked dresses in the middle of winter, with low slippers. Unfortunately also, all but the toughest of the family succumbed to the various bodily ills which are looking for such promising victims, and out

of every large family some were lost in early childhood.

Style has decreed that children of today shall wear abbreviated hose and low necked dresses with short sleeves in the summer, but the mother is little short of an imbecile who dresses her child in this way in the first days of spring. It is foolhardy and cruel to expose little children's tender arms and legs to the cold winds which sweep around every corner. The first bright days are quite sure to bring out the little victims of the toughening process in half hose and summer garb. It is senseless and cruel.

Our spring climate is extremely variable, and the only way to do is to adapt the clothing to climatic conditions. Light clothing sufficiently warm but not overheating should be worn in the house, and extra wraps when the child goes out. Sensible mothers will keep at hand, too, little undersuits of medium weight, which may be put on in the chill of the morning under the dress, and taken off in the middle of the day, and then, if necessary, resumed again toward nightfall.

No, it is not too much trouble. Nothing is too much trouble if it keeps your baby safe and well. Don't wait until a real trouble confronts you which will make you long with aching heart for the privilege of taking this same trouble to keep your baby with you.

For the Housewife.

The housewife who looks with some alarm at her rapidly dwindling stock of preserves and canned fruit, with a speculative thought as to the long weeks that must yet elapse before strawberries are available is usually glad to welcome rhubarb to the dietary.

Our pie-making forbears apparently knew its virtues in this respect. No

doubt that it is one of the best pie fruits obtainable, but as a sauce without the pastry it is also one of the most valuable articles to be had.

The trouble with most rhubarb sauce is, however, that it is cooked too quickly and with rapid boiling the fine flavor is destroyed. The best way of all to cook it is to cut the stalks into small pieces and place them, with the requisite amount of sugar, into a stone jar which is then covered and placed in the oven. Add very little if any water. Let it cook slowly in its own juice for an hour or more, and let it cool without uncovering. The sauce thus made will be found far superior to that which has been stewed. It is not necessary to peel the stalks.

A Japanese Luncheon.

Some ideas that recently were carried out on a Japanese luncheon table were so distinctive and pretty that they merit publication for the benefit of other hostesses.

A very palatable, carried out the Japanese style, for in the middle of the white cloth was a centerpiece of plain red silk edged with lace. On this stood a candelabra having for shades tiny lanterns. Around the edge of the centerpiece were little flags mounted on pins, which readily may be obtained at any large department store. By each plate stood a china figure of a Japanese man or woman holding a basket, in which were salt almonds.

The first course was grape fruit, and a small paper umbrella, open, was stuck in each piece of fruit.

Home-Made Beverages.

Old English Candle Cup.—Boil a small cupful of oatmeal in two quarts of slightly salted water, adding the juice of two lemons, half a grated nutmeg, a teaspoonful of powdered cinnamon, half a pound of raisins and three tart apples, cut in quarters; cook until the oatmeal is soft and strain into a mixing bowl through two thicknesses of cheese cloth, pouring in a little more hot water if too thick. When ready to serve, heat to the boiling point, sweeten to taste, and add two well beaten eggs, stirring over the fire just a moment after the eggs are added; pour into a punch bowl that has been warmed with hot water, adding half a dozen small roasted apples, stuck with whole cloves. **Cocoanut Milk Chocolate.**—Heat a quart of milk in the double boiler and stir in four heaping tablespoonfuls of grated, unsweetened chocolate, moistened with a little cold water; allow it to boil and thicken; have ready nearly a pint of cocoanut milk into which has been stirred half a cupful of sugar and the whites of two eggs; add this to the chocolate and cook for a few moments, but do not allow it to boil. Remove from the fire and serve in chocolate cups, adding after it is poured into the cups, a tablespoonful of sweetened whipped cream that has been mixed with a little of the grated cocoanut. **Mulled Grape Juice.**—Soak for 15 minutes the grated rind of one orange in the juice of one lemon, adding a cupful of boiling water and a tablespoonful of sugar; then place the ingredients in a granite saucepan, adding a quart of unfermented grape juice, four whole cloves and a pinch of powdered mace; bring slowly to the boiling point and simmer for 10 minutes. Prepare a meringue by boiling together one cupful of sugar and two tablespoonfuls of water without stirring until it spins a thread, then pour this gradually upon the stiffly beaten whites of two eggs; add the boiling grape liquor, dust lightly with grated nutmeg, and serve immediately.

MRS. COON DIES IN LINN, AGED EIGHTY

(Special Dispatch to The Journal.) Albany, Or., April 10.—Linn county lost another of its early pioneers in the death of Mrs. Nancy Coon, which occurred at the home of her daughter in Halsey at the age of 80 years. Mrs. Coon came to Oregon in 1846 from Indiana, and spent the greater portion of her life in the Willamette valley. She was the mother of 15 children, eight of whom survive her. They are Mrs. Ida Christensen of Burns, John P. Coon of Junction City, A. B. Coon of Idaho Falls, Idaho, A. L. Coon of Vancouver, Washington, Mrs. Harvey W. Davis of Halsey, Postmaster M. G. Coon of Shedd, Mrs. J. W. Hart and James Coon of this city.

Continued Rise of the Cowlitz.

(Special Dispatch to The Journal.) Castle Rock, Wash., April 10.—The chinook winds of the past few days continue, and the Cowlitz river at this point is still rising. Though no rain fell here Monday, it was cloudy all day and the thermometer registered a maximum temperature of 68 degrees. Considerable rain fell yesterday and the thermometer now stands at 59 degrees.

UNIVERSITY PRESIDENT'S RESPECTS TO GRANGERS

Says Referendum Will Cost Opponents More Than Their Share of Tax.

(Special Dispatch to The Journal.)

University of Oregon, Eugene, April 10.—President Campbell of the University of Oregon in an address to the students, explaining the referendum which the Linn county granges are attempting to invoke, said the granges did not seem to have any grudge against the university but simply thought the state could not support such appropriations when the legislature would not create new means for deriving income.

He also explained the great needs of the university, showing very plainly how \$150,000 a year was much nearer the money that should be expended. He pointed out that the present tax would mean an assessment of only 30 cents on the thousand to support the school, and mentioned that those who would contribute toward the referendum would spend more than their taxes for this purpose, would amount to, with very few exceptions.

The students here are very much encouraged over the prospects of the

movement failing, for while the Linn county granges seem quite favorable to the invoking of the referendum all the others, including the state grange, have expressed sentiments against such a project.

The university needs the money very badly for improvements, and the cutting off of the income for even a year and a half would mean a vast loss to the institution and ultimately to the state.

MRS. ELLA F. TRAVIS OF EUGENE IS DEAD

(Special Dispatch to The Journal.)

Eugene, Or., April 10.—Mrs. Ella F. Travis, widow of the late G. J. Travis, a prominent Baptist minister a decade ago, died Monday at Myrtle Point, Coos county, after an illness of only a few days, from pneumonia. Mr. Travis, whose home was in Eugene, went to Myrtle Point about two months ago on business. Word came to her children here a few days ago that she was quite ill and Attorney Lee M. Travis, her son, and Mrs. L. R. Edmondson, her daughter, left immediately for Myrtle Point. They arrived the day before her death. The remains will be brought to Eugene for interment, coming by water by way of Portland. Owing to the uncertainty of the steamer schedule it is not known just when they will arrive here, but it is thought not for a week. Mrs. Travis had resided in Eugene for the past 17 or 18 years and owned considerable real estate in and about

the city. She was 66 years of age. Her children are: Seward Travis of Greenport, Long Island, New York; Attorney Lee M. Travis of Eugene, Mrs. Ella F. Edmondson of Eugene, Carl Travis, who is attending the law college at Ann Arbor, Mich., and Miss Emma Travis of Eugene.

OREGON AS THE HOME OF THE SWEETBRIAR

(Special Dispatch to The Journal.) Grants Pass, Or., April 10.—The warm weather of the past two months, together with the rains, have brought out

the wild flowers at an unusually early date on the southern Oregon hills. Lambtonque, both the cream and purple varieties, wood lilies, violets and buttercups are all in bloom, as is also the sweetbrier rose. The latter shrub, which is very common in this section of the state, is the real "sweetbrier," similar to the sweetbrier of England and Italy. It is so called because of the peculiar sweetness of its briar, the tender shoots being as juicy and sweet as sugar cane. Its flower is five-petaled, is very fragrant and of a delicate pink. The bushes grow to enormous size here, artistically covering the old rail fences and making beautiful natural hedges for the country lanes.



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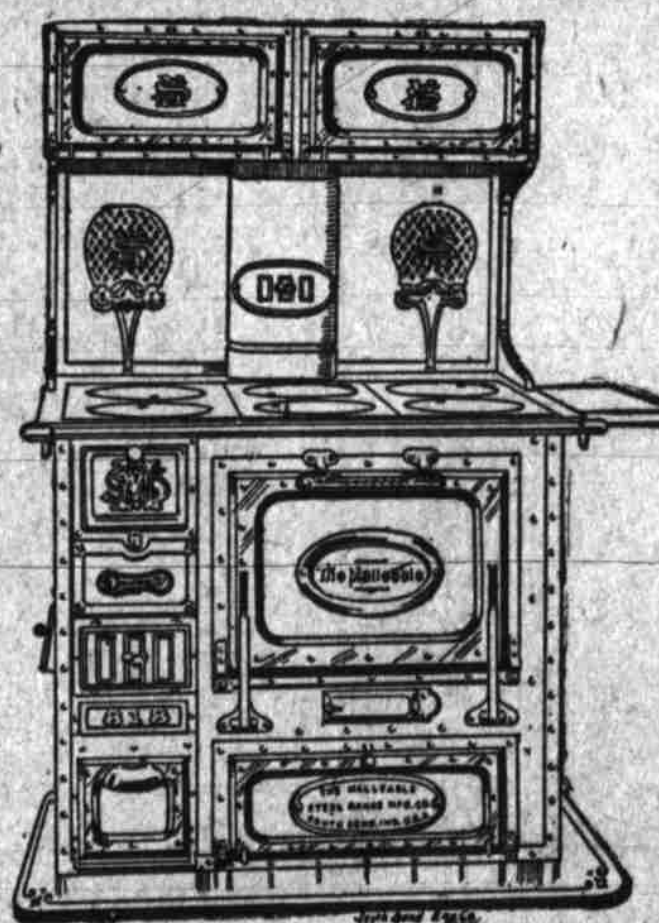
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