



**The Realm**  
**THE REALM**  
**HELEN HAWTHORN**

**Fads and Fashions.**  
**BLAUE NATIONALE** is a new bright blue which threatens to rival in popularity the much exploited Copenhagen.  
 Green, navy and red tussore are made up with the deep tinted ochre flut, gulfure or craponna laces.  
 To wire the lower part of a lace kimona sleeve to keep it out from the arm, is a new idea.  
 The popular gloves of the moment are in an ivory shade, dark champagne or pretty tones of gray.  
 There are crepe de chine scarfs in every conceivable tint of brown, which are worn with black dresses to give them character.  
 Black taffeta dresses with mousseline de sole sleeves set in wide armholes are the latest whims of a Parisian.  
 Bows of ribbon wiring on the edges are tied through the hair. This new fad is very becoming and girlish.  
 Lace in very pale colors such as blue or pink, is much used in matching gowns of messaline, marquisette or volene.  
 Braiding is found on everything, and on every material. On wraps, belts, purses and hats it is very attractive.  
 Roman striped silk is draped on Panama hats which roll up slightly in the front. The ends of the scarf are fringed and hang over the hair in the back.  
 In placing tassels on a wrap or bodice there should be hung on the most prominent points, and where they will show to the best advantage. The entire effect is lost when they are used indiscriminately.  
 A simple wash dress for a young girl is finished at the neck with black velvet or black wash ribbon.  
 Large diaphanous veils of net with large circles are very attractive this summer. Those in blue, sulphur or mouse-gray are pretty, but the black and the white ones are beautiful.  
 All materials displaying stripes and checks and pompadour designs are by far more fashionable than plain goods. Japanese tussore in silks are extremely popular and pretty.  
 Sleeves are growing longer, it will be noticed, as the season advances. Elbow sleeves on shirtwaists continue to be in style, but the tailored waists that buttons in front is returning again into favor.  
 Very pretty shirtwaists of pale colored batiste are trimmed in front with heavy embroidery over a lace gulfure. Pale yellow is a favorite color and for brightness a sulphur yellow is often used.  
 White stockings are said to be the latest craze of fashion. They are worn with any costume and shoe, and not with white only, as has been the fashion up to now.  
 Green jade is taking a very popular part in jewelry this summer. It is found in sleeve buttons, belt buckles, studs and all other kinds of jewelry. Jade beads worn on neck chains are very pretty.  
 Tussore of a thick texture and voile



DR. N. J. FULTON, Naturopath.

**If You Are Sick**

and want to get well the best thing for you to do is to throw your medicine away and go to Dr. N. J. Fulton, Naturopath, who treats all diseases without medicine.  
 She cures many patients who have been treated for months with medicine and who have about given up hope of being cured.  
 Such diseases as rheumatism, the grippe, stomach and bowel complaints, goiter, paralysis, female complaints, nervous diseases, she treats without medicine, and cures.  
 Examinations and trial treatment free.

**Dr. N. J. Fulton**  
 NATUROPATH.  
 315 TWELFTH STREET  
 Corner Clay, one block from E. E. car, one from 13th street car, a from Jefferson car. Telephone Main 5122.



Miss Phoebe Cousins, who once led the fight for woman suffrage and who was the first woman United States marshal, recently made the amazing declaration that equal suffrage and prohibition are failures. In the picture at the left is shown Miss Cousins from a photograph taken in 1871, when she was 21 years of age. In the panel at the right Miss Cousins is shown as she now appears.

It is a late novel combination, the tussore being used as the trimming in shaped bands. A dress of this style should be of one color except the collar or lace which does not necessarily have to match.  
 Mushroom hats are worn by little girls as well as ladies, as the drop is very becoming to their childish faces. They are seen mostly in browns and blues, trimmed with a wreath of daisies, faint flowers, or oriental poppies.  
 The light weight clothes for summer travel costumes are shown in all the shades of gray from smoke or gun metal to almost white, also in the tan, where the tints range from champagne, sulphur, saffron, putty, maize, fawn, leather, until the decided wood brown is reached.  
 The correct cravat for the gentleman is a four-in-hand. These are pretty in two shades of one color, the lighter tone being in stripes or circles. For morning and common wear, the cravat bow in striped is much worn.  
 The smartest belts of the season are distinguished by their narrow width. These are mostly worn in suede or tan leather. Wide elastic belts decorated with steel nail-heads, put on in a pattern, are the latest in this fashion. The empire belt which has the upward curve in the back is decidedly chic.  
 A fad for young girls who attend fashionable gatherings, is to wear a patch of black sticking plaster on the chin or cheek, put on in a pattern, where the tints range from champagne, sulphur, saffron, putty, maize, fawn, leather, until the decided wood brown is reached.  
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**The Leaven of Art.**  
 Ah, no, we are wrong, if we grow impatient over a continued discussion of so great a theme. There are sober considerations which must appeal to any sane being, and which lead to the belief that a just understanding of all that art implies would do more than any one thing to increase the happiness of man. Not a knowledge of the fine arts merely, but the knowledge and practice of art in every province of daily living; not only a cultivation of one or more of the arts, whether fine or industrial, but the habitual use of art in affairs everywhere at all hours.—Ellis Carman, in The Craftsman.

**Woman's Work.**  
 The number of women at work in the United States, as reported by the census of 1900, was 4,832,630. The census report distinguishes 303 occupations for the purpose of classification of workers, and in all but nine of these occupations women were represented. Yet in 10 occupations there were employed 3,542,155 women, or more than 73 per cent of the total number of women who are breadwinners.  
 Domestic service claimed almost one fourth of the total number of women employed, and, strange to say, the next most important occupation for women was that of farm laborer, which nearly half a million follow, but with the exception of less than 1 per cent, in the southern states. The occupations of dressmaker, laundress, teacher, farmer, textile mill operative, housekeeper, seamstress and seamstress take rank in order after those of servant and farm laborer, employing together nearly three fourths of women breadwinners.  
 It is evident that woman's work is becoming more like man's—from sun to sun, and from year to year, as the old couplet described it—"never done."

**Has It Now Come to This?**  
 From the Philadelphia Telegraph.  
 "It's the latest straw," said the Man-Afraid-of-a-Petticoat "When my barber installed a pretty young girl in the corner as manucure I was annoyed. When he installed a second one in the atmosphere of the shop became oppressive. Today the climax was reached. I took off my coat and settled down for a comfortable shave and hair cut, and incidentally made a few remarks about woman, the ubiquitous, to the fellow in the next chair. Imagine my dismay when a man's hair rippled through the fingers of the barber at my right, and the fellow in the next chair turned out to be a woman.  
 "Well, I've finished with that place! I thought if there was one haunt of man secure from invasion of petticoats it was a barber shop. And now they're in that, too. I told the barber what I thought of him and got out—for good. I'll buy a safety razor and shave myself."  
 "Yes," observed the barber, as the man left after voicing his kick, "we do seem to be getting more and more of these things. A good many come in out of curiosity to see women being manucured or shampooed in a man's shop."  
 "It all started with the wife of a patron of mine coming in one day and telling me she believed her husband's youthful appearance was due to the excellent face massage I gave him. She said time seemed to leave no marks on his face, while her hair was growing wrinkled and dry. She had tried many parlors, but found them expensive and ineffective—and they always wanted to finish her off with rouge and penciled eyebrows. She thought she would like to find out what it meant to have the skin of the face and head properly kneaded and loosened every once in a while.  
 "She liked it so well she not only gave me a good tip, but wanted to know if she could have her hair done and her face massaged by the same person. I told her she could, if they would come between 12 and 3, when business is slack. I've got about 30 women now as regular customers, and all during what were formerly dull hours. They pay what the men pay—25 cents—and are more generous about tipping, too. They all tell me that the treatment in a beauty parlor isn't half so good and costs from twice to four times as much. Occasionally a man drops in while they are here, but developed in a long shaving apron a woman is scarcely distinguishable. It isn't till they get up to go out that the man tumbles to the fact. Then a crank like that gentleman is apt to get mad instead of being merely surprised.  
 "I don't see what he's kicking about," broke in the man with the Vandyc beard, who was having his nails trimmed by the brunette with clinging hair.  
 "That's all very well," grumbled the man who had just come in for a shave. "But it does look queer to see a woman sitting in the barber's chair, with her hair cut and her face massaged, and a man and a woman sitting at the table, and the barber's wife sitting at the table with the man's wife."  
 "He's the husband of my first customer!"

**THE SMILE**  
 That won't come off, appears on baby's face after one Lottle of White's Cream Vermifuge, the great worm medicine. Why not keep that smile on baby's face if you keep this medicine on hand. You will never see anything else but smiles on his face. Mrs. S., Blackwell, Oklahoma, writes:  
 "My baby was peevish and fretful. Would not eat and I feared he would die. I used a bottle of White's Cream Vermifuge, and he has not had a sick day since." Sold by all druggists.

**TEA**  
 A good deal depends on the brewing; go by the book you find in the package.  
 Your grocer returns your money if you don't like Schilling's Best; we pay him.

**CHAUTAQUA AT ASHLAND**  
 Eleven Days' Session of Assembly to Open Next Wednesday.

**WORK OUTLINED IN EIGHT DEPARTMENTS**  
 Distinguished Lecturers Will Delight and Edify in the Mutual of Serious Class Work—Musical Features—W. C. T. U. Workers.

(Special Dispatch to The Journal.)  
 Ashland, Or., July 6.—The Southern Oregon Chautauqua assembly will open here Wednesday, July 10, and continue to and including July 20. The various workers will divide as they select their desired courses are the following: Popular lectures on the Bible, normal summer school, nature study, American literature, domestic science, W. C. T. U. and Y. M. C. A. school of methods, round table, adult chorus, primary and intermediate choruses.  
 The program is not entirely filled as yet, but the management expects to present first and last, all numbers complete. Judge A. L. Fraser, of Portland, and Dr. E. L. House, of Spokane, have accepted invitations to deliver addresses and will receive assignments in due time.  
 The program, so far as filled, follows:  
 July 10—Wednesday, 9 p. m.: "Some Present Day American Problems," W. C. Hawley, Wednesday evening, 8 p. m.: "Queen Esther," (in costume) given by adult chorus under direction of Professor Martin E. Robinson.  
 July 11—Thursday, 9 p. m.: "All the World's a Stage," Congressman W. C. Hawley, Thursday evening, 8 p. m.: "Mysteries of Mediums and Mind Readers Exposed," Dr. Stanley L. Krebs.  
 July 12—Friday, 9 p. m.: "Wonders of the World Within," Dr. Krebs, Friday evening, 8 p. m.: "Bouncing the Blues," Dr. Krebs.  
 July 13, Saturday evening, 8 p. m.: "Theodore Roosevelt," Hon. Henry A. Buchtel, governor of Colorado.  
 July 14—Sunday, 10 a. m.: Two great sermons (union service), Y. W. C. A. and Y. P. service.  
 July 15—Tuesday evening, 8 p. m.: "The American Small Boy," Hon. Frank S. Regan.  
 July 16—Wednesday, 9 p. m.: "The Nation in Politics," Hon. Frank S. Regan, Wednesday evening, 8 p. m.: "Chautauqua," Hon. Frank S. Regan.  
 July 17—Thursday evening, 8 p. m.: "The New Woman and the Young Man," United States Senator Elmer J. Burkett, of Nebraska.  
 July 18—Friday, 9 p. m.: Children's concert, Miss E. Barbour, director; Friday evening, 8 p. m.: "The American Flag," Senator Elmer J. Burkett.  
 July 20—Saturday; business meeting, Saturday evening, 8 p. m.: "Belshazzar," chautauqua chorus, under direction of Professor Robinson.

**RECIPES.**  
**Eggs With Cucumber.**—Melt three ounces of cooking butter in a steppan. Peel, quarter and slice finely a medium-sized cucumber, and shred on to these a bunch of spring onions. Add these to the butter, with a seasoning of pepper and salt and a half teaspoonful of strained lemon juice. Simmer all together for about 10 minutes. Have ready six hard-boiled eggs cut into thick slices, and allow these to become quite hot in the mixture; then, last of all, stir in a spoonful of cream. Put on a hot dish and serve with a border of boiled rice.  
**Hot Cabbage Salad.**—Pull cabbage apart and let stand in hot water 15 minutes, drain, chop and moisten with a dressing of two eggs, two tablespoonfuls of sugar, one quarter spoonful of mustard, butter size of large nut, one teaspoonful of vinegar. Mix and cook until thick, adding pepper and salt. Add cabbage while dressing is hot.  
**Illinois Cake.**—Five eggs, two cupfuls of sugar, one cupful of butter, two spoonfuls of baking powder, three cupfuls of flour and one cupful of milk. Bake in layers with raisin filling.  
 Put in the strained juice of tomatoes or the whole tomato, if it is run through a sieve.  
 Cooked carrot gives a fine amber color.  
 To color brown, use browned flour or a little burnt sugar.  
 Spinach leaves gives a fine green color. Pound the leaves, tie them in a cloth, squeeze out all the juice and add this to the soup five minutes before serving.  
**Creamed Halibut.**—Stir two tablespoonfuls of flour to a smooth paste with two tablespoonfuls of hot butter, add slowly one cup of milk, cook until thick and season with one teaspoon of onion salt, one half teaspoon of paprika, and half a teaspoon of salt and a dash of cayenne. Beat the yolks of one egg, add one half cup of cold milk, mix and then add two cups of finely flaked cooked halibut, and last of all one tablespoon of lemon juice. Fill remaining space with browned crumbs before serving.

**CLATSOP COUNTY'S FINANCIAL STATUS**  
 (Special Dispatch to The Journal.)  
 Astoria, Or., July 6.—The semi-annual report of J. C. Clinton, county clerk, for the term ending June 30, was presented to the county court yesterday. It shows Clatsop county's indebtedness, consisting of general fund warrants, amounting to \$70,775.65, and assets, consisting of cash in the hands of the treasurer to be \$11,217.61, leaving in excess of liabilities, \$59,558.04.  
 The report shows that during the term general fund warrants amounting to \$41,469.95 were drawn, including one warrant for \$11,130 to pay the first half of the state taxes. Warrants on special road funds amounting to \$41,487.33 and one court house fund warrant amounting to \$31,933.04 were also drawn. The sum of \$5,800 was spent in road building, and \$4,500 spent in repairing and

**HOME PHONE SYSTEM PLANS IMPROVEMENTS**  
 Quicker Service, With Long Distance, at Hood River—Pacific States Also Gets Action.

(Special Dispatch to The Journal.)  
 Hood Riv., July 6.—The Home Telephone company, which was recently granted a franchise by the city council, is said to be meeting with greater success than even its most sanguine projectors expected. It is its intention to put in a five-cent service with long-distance connections and to have the system in working order in less than a year. It is said by those who have been investigating the matter that the Pacific States company, whose system is now in operation here, has been getting the quickest revenue from Hood River of any town in Oregon of its population. The latter company has also applied to the city council for a franchise, but it has not yet been granted. Since the announcement of the installation of the Home system it has stated it will place more modern plant in use and make big improvements.

**TEACHERS ASSEMBLE FOR BIG CONFERENCE**  
 (Journal Special Service.)  
 Los Angeles, Cal., July 6.—The vicinity of the Temple Auditorium, which is the headquarters of the fiftieth anniversary convention of the National Educational association, was thronged today with teachers from all parts of the country, the advance guard of the great army of delegates who will meet in the meetings. The convention will begin its sessions Monday and the proceedings will last through the entire week. The local teachers are prepared to handle the vast crowd in an efficient manner. Members of the reception committee are busy training and directing delegates to headquarters for registration and assignment, or to their rooms if accommodations have been secured in advance. The business section of the city is decked out in bunting and signs bidding the N. E. A. welcome are displayed everywhere. The early arrivals are loud in their praise of the arrangements for handling the visitors and for their entertainment.

**KNIGHTS TEMPLAR TO MEET AT SARATOGA**  
 (Journal Special Service.)  
 Saratoga, N. Y., July 6.—Next week Saratoga is to have the honor and excitement of the thirtieth triennial convocation of the grand encampment, Knights Templar of the United States, an honor that has not been accorded to any city in the state of New York since the formation of the order and the first meeting in New York city, nearly 100 years ago.  
 The advance guard of the Knights go in an appearance today and tomorrow to Saratoga, where they will be in camp. The indications are that the attendance will be unusually large. Not only the Knights of the United States, but they will come from England, Mexico, Hawaii and other distant lands. The competitive drill will be a prominent feature of the encampment program, will take place on the celebrated Saratoga race track. The big parade will be held Wednesday and will be reviewed by Governor Hughes and other notables.

building bridges. Fees collected in the clerk's office during the term were \$2,923.45.  
**PASSING OF AN OLD WASHINGTON PIONEER**  
 (Special Dispatch to The Journal.)  
 Chehalis, Wash., July 6.—The funeral of James Urquhart, of Forest, aged 82 years, a Lewis county pioneer, was held yesterday from the home, interment was in the Urquhart cemetery near this city. He leaves a widow and seven children. He had been a resident of this section for the past 42 years, coming here from Scotland. Several brothers, well known residents of Chehalis and Napavine, also survive him.  
 Preferred Stock Canned Goods, Allen & Lewis' Best Brand.  
**GOVERNOR TO ATTEND FAIRBANKS RECEPTION**  
 Astoria, Or., July 6.—Governor Chamberlain has written Mayor John H. Whyte, of the chamber of commerce, that he will be pleased to accept the invitation to attend the reception to Vice-President Fairbanks July 15th.

To take the sharp edge off an appetite that won't wait for meals—  
 To sharpen a poor appetite that doesn't care for meals—  
**Uneda Biscuit**  
 So nutritious, so easily digested, that they have become the staple wheat food.  
 5¢ In moisture and dust proof packages.  
 NATIONAL BISCUIT COMPANY

**Nature's Sanitarium**  
 FREE Consultation  
 We Cure by Nature's Ways Assisted By Proper and Experienced MEDICAL TREATMENT  
 Men, women and children who may be afflicted with any disease can have a careful and scientific examination by the physicians and surgeons of this institution without cost to them.  
 All diseases of the eye, ear, nose, throat and lungs, heart, kidneys, bladder, brain and stomach, Catarrh, Rheumatism, Indigestion and Constipation PERMANENTLY cured.  
**Tumors and Blemishes Removed**  
 We cure with the same success all Chronic Diseases of Men, Ulcers and Skin Diseases.  
 All private and wasting diseases promptly cured and their effects permanently eradicated from the system.  
 Electricity and electric treatment given patients without extra charge.  
 If patient cannot call at the Institute, write for full instructions.  
 All medicines are furnished to patients from the laboratory of the Institute.  
 Office Hours—9 to 11 a. m., 2 to 5 p. m. and 7 to 8 p. m. Sundays, 10 to 12 a. m.  
**New York Surgical and Medical Institute**  
 Permanently Located in Raleigh Building, at the Corner of Sixth and (323 1/2) Washington Streets. Phone Main 2995. PORTLAND, OREGON.

**OSLER SAYS: "DON'T DRUG"**  
 Condemns Modern Medical System  
 PHILADELPHIA, Pa., May 11.—Here is a new code of ethics for doctors laid down by the famous Dr. Wm. Osler.  
 No doctor can cure all diseases. That's all moonshine. They are "pretenders."  
 If you can't cure a man, tell him so. Physicians use too many drugs.  
 There are only a few great drugs worth handling—I'll not name them.  
 Just what I've been telling you for years, but you wouldn't believe me.  
 Now, many of the world's leading doctors and scientists confirm my claims by their statements that most drugs are worthless. The most recent of these is Dr. Wm. Osler of Oxford University. You know Dr. Osler is the man who said that our usefulness on earth ceases when we are forty years old. Some say he's right about that, but whether he is or not, we know that his statement about drugs is correct.  
 Men like Osler don't indulge in idle talk. There's a reason for everything he says. He knows what he is talking about, for he is a doctor and has practiced medicine.  
 Every doctor on earth knows almost as well as Osler the worthlessness of drugs, yet there are but few that acknowledge it. Some day they will have to, because the time is near when the old system of drugging will be abandoned for the natural treatment, electricity.  
 Every dose of drugs that you swallow weakens your nerves, stomach and digestive organs. Every time you stimulate a weak organ with drugs, you are hurting it, and in time, by steady dosing, you will have no natural action of that organ. When that happens you will have to depend entirely upon forced stimulation.  
 What your body needs is not drugs, but nourishment—something to build up, not tear down. That nourishment is electricity.  
 How does electricity cure? you ask. By helping nature. Nature will cure you when she has the power. Electricity is that power. Understand that your body machinery is run by electricity. The stomach, heart, liver, kidneys and digestive apparatus are run by electric energy, which is created by the digestion of food in the stomach. Most sickness and chronic disorders can be traced to the failure or breaking down of one of these organs. The reason any part fails to do its work is because its supply of electricity is insufficient. Restore that force and pain and sickness will disappear. I do this with my Electro-Vigor.  
 Electro-Vigor is a dry cell battery which pours a stream of electric life into your nerves, while you sleep, and these conduct the force to every organ and tissue, giving health and strength to every part.  
 Electro-Vigor is not an electric belt. It makes its own power continuously. There is no charging to do—just put it on and turn on the current.  
 I used your Electro-Vigor just six weeks and was cured of sciatica. From my experience with this treatment I consider it just the thing for any nervous derangement.  
 Groveland, Cal. C. M. WITT.  
 After two months' application of Electro-Vigor I no longer suffer from pains in my back and kidneys, my food digests properly and all the symptoms of weakness and vertigo are cured.  
 CHAS. PICKARD, Joseph, Oregon.  
 Electro-Vigor cured me of digestive trouble and restored my strength. After I had tried many other methods without benefit.  
 THOS. KILSAY, Smith, Oregon.  
**I Give It Free**  
 Get my 100-page book describing Electro-Vigor and with illustrations of fully developed men and women, showing how it is applied.  
 This book tells in plain language many things you want to know and gives a lot of good, wholesome advice for men.  
 I'll send this book, prepaid, free, if you will enclose this coupon.  
**S. A. HALL, M. D.**  
 1432 FILLMORE STREET, SAN FRANCISCO.  
 Please send me, prepaid, your free 100-page book, treated book.  
 NAME \_\_\_\_\_  
 ADDRESS \_\_\_\_\_