The Business Girl.

THE girl who works in store or factory or business office needs relaxation and pleasure during the hours that she is at leisure. She needs, too, some exercise in the open air and some reading or study that will keep her advancing in mind as well as in years.

None of these things are impossible to the girl in the city who wants to make the most of herself.

It only remains for each girl to select the kind of pleasure, the kind of relaxation and the kind of culture that she wants.

As to pleasures, be careful to select those that do not leave an unpleasant after-taste. Do not let youthful merriment lapse into indiscretion of familiarity. Boy friends you must have, but they must be the right sort, and if you are particular as to the sort with whom you associate the right sort will think it an honor to be counted among your friends. The right sort is of a clean, manly type. He is not ashamed of work, nor is he trying to live by his wits instead of his hands and brain. He honors womanhood, he does not find his pleasure in saloons, he is a square, stanch, honest man. It will not hurt any girl to know several of such men, and to call them her friends. She need not let anyone of them monopolize her unless she chooses.

The girl who is obliged to pass many hours of the day indoors either at some mechanical work or in a store, must use the ends of the day for exercise. And it is a mistake to think that one can long be healthy without more exercise than the work affords, for whatever it is, the daily work exercises only a few muscles, and the rest of the body is dormant.

A quick bath in the morning and 10 minutes spent in exercise either with or without light dumb bells, will be of great benefit to the girl who sits stooping over her sewing during the day or stands tending a machine. It broadens the chest, wakes up the circulation, makes eyes bright and cheeks rosy. And if after breakfast the girl who works will walk at least part of the way to her work she will feel the benefit of that all day—at least after she gets used to it.

The subject of study clubs is a large one, and each girl must make her own selection. There are abundant opportunities offered at the Young Women's Christian association. All sorts of studies are offered, beside classes in useful work, such as shirtwaist making and millinery that will not only help a girl to make her own clothes in part, but will also give her another vocation than that which she now has.

It hurts no one to have several irons in the fire; the time may come when the thing that was taken up for a fad or as an amusement will prove the greatest of advantages, and it may often serve to tide the time between the losing of one position and the taking of another; if indeed it does not serve to discover a girl to herself and bring out talents that she did not know that she possessed.

* * *

The Rule for Travelers.

SAYS an editorial writer of Woman's Home Companion:

"We teach our children elocution, in the seldom-realized hope that some time they may go to congress; we teach them French and German, against a possible trip abroad; we teach them, it seems right to us, the art of dancing, that they may have at least the physical requisites for social success. Why shouldn't we teach them how to get on and off a car, how to use a sleeping-car intelligently, how to be courteous and inconspicuous through knowledge? We content ourselves with initiating them at an early age into the simple refinements of a go-cart, but leave them in the later years to discover for themselves the mysteries of all other means of locomotion; and during the period of discovery and exploration which extends with many to the ripe old Biblical age, these educated children of ours blunder about just like their parents, stepping off the car backward, calling the nergo porter "George," and trying to ride on last week's transfer. From all these evils we should be saved by even a most rudimentary course in the school of traveling. In fact, the chief obstacle in the way of the successful conduct of such a school would be the congestion in the kindergarten department.

"Do not fancy that the etiquette of traveling is essential only to ocean voyages. To be sure, the man or woman who is obnoxious in the slight acquaintance of the streetcar becomes unbearable during a week of constant association in a restricted area bounded on all sides by the sea; and the quiet courtesy that leads a man to give his seat to a woman in a streetcar and leads the woman to thank him for it is more a matter of note in the man who has been your courteous companion at table during several days of unsought companionship which has mellowed into friendship. But in the streetcar and on the train the importance of courtesy and poise, of the "know how" that comes of experience and breeding, cannot be overestimated. If we cannot have schools of traveling, we can at least learn by experience and observation and careful study of the rules of the game. And the first and last rule for traveling is this:

"Be inconspicuous."

* * *

Two Novel Entertainments.

A SWAP party and a tulip bed for bazaars are two new devices which are suggested by contributors to the Woman's Home Companion. A swap party is managed as follows: Include in your invitation this sentence: "The swapping will begin promptly at 8:30, and you are requested to bring a package containing some article with which you are willing to part." Anything will do, from a button to a picture hat, or from a pipe to a dish mop. The more outlandish and ridiculous, the more fun the possessor will have in exchanging it. Explain, before the swapping begins, that each person may swap with any other as many times as desired, opening and examining each package received, and if not satisfied, may reswap and swap again. At the expiration of a given time a bell should be rung, announcing that time is up

A NORTE DAME LADY'S APPEAL

To all knowing sufferers of rheumatism whether muscular or of the joints, sciatica, lumbago, backache, pains in the kidneys or neuralgia pains, to write to her for a home treatment which has repeatedly cured all of these tortures. She feels it her duty to send it to all sufferers FREE. You cure yourself at home as thousands will testify—no change of climate being necessary. This simple discovery banishes uric lucid from the blood, loosens the stiffened joints, purifies the blood and Enlightens the eyes giving elasticity and solace to the whole system. If the above interests you, for proof address Mrs. Summers, box R, Notre Dame, Ind.

Automobile or Traveling Coat With Tucked Front and Stitched Yoke.

and that each must then retain the article in hand.

If your society, club or order is going to have a bazaar or do something to make money, and you want the prettiest and newest device, have a tulip bed.

First make your tulip bed, and do it this way: Build a plank frame, octagon shape, 16 feet in circumference and seven inches deep; place it in the middle of the floor of the room where your affair is to take place, and fill it to within two inches of the top with sawdust. Cover the outside of the bed with green crepe paper, and also run a strip around inside, pushing the lower edge down into the sawdust; catch the two sheets together at intervals, and flute the edges.

You will have ready a number of tulips—no matter how many—made of crepe paper, and to each stem tie a prize. Plant the prize, which corresponds to the bulb of the tulip, in the sawdust, fill the bed full enough to look natural, holding your reserve supply for future plantings, for they will be needed.

Begin business at two cents a pull. Mix humor with business and promote a spirit of fun and enthusiasm by having the prizes quaint and surprising.

* * *

My Assistant Gardeners.

From Suburban Life.

I HAD been a 'shut-in' for two years, and was now to work out my own salvation literally by the sweat of my brow. To the good brown soil I went, and there did I dig and delve, sow seed, water and hoe. "All went well until, one day, came a strange fish in the bay," in the shape of a tiny green bug, a well-behaved, courteous small personage who sat on the tipmost point of a four-inch bean vine and waved hair-like antennae to me in greeting. I answered civilly and passed on, all unsuspecting of the enemy I was harboring.

It was my first garden. Alas! next evening he presented to me his 10,000,000th descendant and its many times great-grand-children. That erstwhile green and sturdy sprout was a sight, and gradually peavines grew pale in color and limp, and beans queer and weary looking. Then came tiny snails, wireworms, cutworms, and all the rest of the procession.

With a two-year-old baby helping me plant each seed, patting the "nice flowers," and anon sucking her thumbs to ease the aching teeth just pushing through, I naturally dared not use poisons on the garden. I labored through the rows day after day, handpicking those little fiends, but they multiplied by the millions, and the garden drooped and paled and I grew desperate. One evening I fled to the clean, green fields and sat me down to meditate. Why were things here so lush and clean and prosperous? Were there no bugs—had they all migrated to my garden and left the fields free?

No, for there on that bit of vine close to the ground was a particularly large and prosperous aphis. Now, why wasn't he 10,000? Where were the rest? There were no badly eaten leaves about and no swarms of progeny and—gone! The aphis had disappeared, and so suddenly that I had to wink twice to realize how it had happened. Close to the vine where he had been there now sat a round and comely hoptoad. That long, queer tongue had shot out—it seemed to me two inches—and gathered in that aphis. And again, as I watched, and yet again, that lightning dart raked in a small bug or a tiny luckless subtle slug.

Eureka! There was the solution to my problem—that staid and solemn gentleman of the jewel eyes and lightning tongue. I caught him, then and there I caught him, with the aid of an old tin can picked up close by, and gently dumped him into the bean rows with my blessing.

As the plants grew tall and their tops needed protection, I called in the Jenny Wrens. I had seen just one in the neighborhood and knew her nest had been destroyed by a painter, so I hastened to fasten up deep cigar boxes in every available spot in the yard and garden. The door I cut so small that no burglarious English sparrow could get so much as his head in, and I was careful to provide an alighting perch for each box. Jenny inspected them all, decided on the very lowest, tipsiest one of the lot, took possession, and set up housekeeping with Jimmie.

But both he and Jenny showed up in their full strength when it came to feeding their babies; that nest crammed full, overflowing with minute, shrieking, ever-starving babies. I timed them one day, and in 20 minutes they brought in one green grasshopper, nearly the length of Jimmie; one small, hairy caterpillar, from my cucumber vines; two unknowns, about the size of peas; two melon beetles, one slug and one cutworm.

* * *

Can We Wear Two Trains?

MISS ETHEL BARRYMORE has introduced a new skirt to the world of fashion, and from the mere idea of her adopting it the impression is conveyed that the style will be widely imitated. It is a double train that has caused the mild flurry of excitement in the world of dress.

It was introduced at one of Mrs. Clarence Mackay's Sunday evening musicales, where Miss Barrymore, who wore it, was the center of an interested group.

The gown was extravagantly simple and had the Paris cachet all over it. It was made of American beauty colored supple satin, draped so as to fully outline the figure, the lines of the skirt ending in two pointed trains, three feet long on either side, while the back was scooped out like a butterfly's wing. It is technically known as the Jacqueline butterfly train. The effect was that of a bird at rest, with its long wings folded close to its sides. Society groans! It has just learned, after four generations, to manage with semi-unconsciousness one train. How long will it take it to learn to manage two trains?

* * *

Pointers for Spring.

A FEATURE of the new suits is the gay waistcoat. Nearly all the short jacket suits have this novel addition. Gold embroidery is used upon them extensively and gold buttons form a noticeable part of the trimming. In the oriental embroideries these are frequently beautiful, and lend an air of distinction to quiet costumes. In the cretonne and other gay figured stuffs they are more striking than beautiful. The surface form is to be used quite extensively for house costumes, and is a graceful and generally becoming style. Several of the new gowns shown in one of the leading city stores this week are of this model. Embroidered pongee bands make an attractive trimming for this style of gown, and all embroideries are much to the fore in the new gowns. Much of the embroidery used is in flowers with padded and raised work. Gold and silver ribbons are much liked and will be used with the sheer summer materials.

The very high stock is still in vogue for new toilettes. It is hollowed out a little under the chin, but this is the only concession to comfort.

* * *

Fads and Fashions.

By Florence Fairbanks.

NEW YORK, March 7.—One of the new fashions shown for spring is the white shirtwaist of linen or lawn, with plain blue collar and cuffs embroidered in white French knots.

Heavy raised work and padded embroidery in flowers is the newest style of trimming.

Waistcoats are prominent on many coat and skirt suits, and are made very elaborate and gay.

High standing feathers, flowers, ribbons and gauze of silver or gilt are the fashionable ornaments for the evening head dress.

Elastic belts in dark colors are studded with jet or steel with buckles to match.

Tan shoes will continue in popularity throughout the summer, and the pumps will be worn fully as much as last year.

Linen collars of the smartest make are embroidered in colored linen and little bows embroidered to match are worn with them.

Net boleros jetted in black, silver gray, steel blue, heliotrope or white are new, and are made of fine soft net, sleeveless, or with short wide sleeves.

Chiffon lisse, French organdie and bordered and monotone voile are new materials that will be seen much in the coming season. Embroidered and St. Gall Swiss are especially lovely.

Jabots of fine white net edged with lace are extremely chic; also bows made very full and round, that are fastened on by a diamond horseshoe or crescent.

Pongee bands used for trimmings are embroidered in dull reds, greens, blues and old gold in Egyptian and Moorish designs.

Foulard is one of the leading fabrics of the season, and comes in unlimited designs, but with a predominance of rings and dots of many sizes.

Chiffon and liberty scarfs in delicate colors showing a wide flowered or Persian border are worn with low necked gowns at dinners, theatres or at one's home.

Belt buckles of oxydized metal are made in the shape of dogs or owl's heads with jeweled eyes of brilliant red or green.

Blouse waists of lace, trimmed with applique, with yoke and sleeves of tucked chiffon or mull are much favored for wear with coat and skirt suits.

Evening cloaks, long and loose, with flowing sleeves, come in delicate tints of broadcloth lined with heavy satin or brocade and trimmed with embroidery, braid, cord and tassels and huge buttons.

Ginghams of a very fine quality will be fashionable for shirtwaist dresses, and are attractive in medium sized plaids, small and large checks and stripes. The colors are charming in light blues, greens, violets and even reds.

Belts of silver braid three inches wide are bordered with a wide fold of old gold velvet; those of silver or gold show figured designs and flowered belts of chiffon elastic are lovely.

Tulle and violets worn at the throat is a late fad which is vastly becoming. Delicate pink or creamy white bows caught with an enameled violet, with violets upon the corsage and on the hat, and violet gloves are remarkably pretty accessories for the spring toilette.

Wide belts folded once through the middle come in the fashionable shades, some with a deeply tooled border in a Greek key design. The buckles are of plain gilt or silver curved to fit the waist snugly.

Velvet dresses are much favored, and the plain rather than heavily trimmed are liked better, for they show off the material to a better advantage. The street gowns have very short skirts with deep hems, and the coats are made plain with the exception of the fancy vests.

Semi-long sleeves will be worn this spring. The top part reaches half way below the elbow, and from there to the back of the hand is a tight lace sleeve with a place cut for the thumb. Three quarter sleeves will be favorites, owing to the ever popular long wrinkled gloves.

Border designs seen on the new chiffon cloths, voiles and silk mousselines are in self colors woven in the material instead of being printed. There are groupings of stripes, large dots and ziz-zag lines all of satin finish, and graduated dots or large ones in self color encircled by a rather wide ring of white.

* * *

Plant Hollyhocks.

IT rejoices the heart of the lover of these old-fashioned flowers to know that they are coming again to recognition. Such a brave show they make, such a glowing spot of color. Then they are so faithful. Like old friends who forgive inattention they come up year after year, from their own sowing and await you in the accustomed place. Yet, also like old friends, they will amply repay any extra care and attention that you give them. Hollyhocks like a deep, rich soil, well drained. The old-fashioned single hollyhocks may still be had, but the double sort, showing carefully finished rosettes of varied color, is more popular and may be had from the local dealers. If one wants results the first year, one must buy the year-old plants, which are not expensive. The seed sown now will bear next year. The new varieties are white, pink, yellow, red and maroon.

* * *

Too Intense.

THE American woman is intense, she is generally in a hurry, she is thoroughly in earnest; life is real, she chants; life is earnest, and therewith she proceeds to make it hectic. If she is in society she means to be up at the head of the procession; if she is a wife and mother she too often kills herself serving her husband and children and taking care of her home; if she is on the intellectual order of women she overstudies and reads herself into nervous prostration; if she is an ambitious business woman she is so dead in earnest that half the time she moves around in a sort of trance.

She certainly does need a narcotic; something which would force her to relax, to take time to laugh and indulge now and then in a sweet and wholesome idleness; so would she be a saner and a less nervous woman, and consequently a more healthy one.

Child's Guimpe Suit in One-Piece Style. The Stitched Straps Are a Novel Feature.

Choose most becoming tint: flesh, white, pink or brunette. Satin skin powder. Only 25c.

Pythians Initiated.

(Special Dispatch to The Journal.)

La Grande, Or., March 7.—The Knights of Pythias of this city were hosts at a banquet Friday night. Their guests were from the Union and Elgin lodges. Both trains were met at the depot by the band. A large number of candidates were initiated.

THE MOTHERS' CORNER

Accidents in the Nursery.

A COMMON mischance in the nursery is the lodging of a foreign body in the eye, the ear, the nose, the throat or the alimentary canal. Occasionally, too, such an article gets into the air passage, but this is rare. In the eye may become lodged dust, cinders and loosened eyelashes, all of which cause much irritation and discomfort. A convenient instrument for removing such particles is made by wrapping a small piece of absorbent cotton around a toothpick or match. If the foreign substance can be seen it may be readily removed with this. If it is not in sight the lower eyelid must be depressed and search made; if this fails to reveal it the upper eyelid must be folded back over any cylindrical object such as a large knitting needle, a pencil or pen holder. If the object has become imbedded in the fleshy part of the eye so that the swab of cotton does not remove it, the child must be taken to a physician.

With foreign bodies in the ear clumsy handling is more apt to injure the ear than to remove the object. If the object can be seen it may be gently removed with the bent end of a wire hair pin. If this is not effective, pour a little sweet oil into the ear and then turn the child's head with that ear down; if this does not result in removal of the object a warm water syringe may be used, but if all these fail, take the child to a physician

Foreign bodies in the throat may be dislodged by turning the child head down and giving a sharp blow between the shoulders. Sometimes the object swallowed can be seen and removed with the fingers. If the article has been swallowed give the child bulky food if old enough to take it, such as bread and potatoes. The article will frequently be safely carried through the alimentary canal with the food.

• •

A Baby's Weak Ankles.

The child who shows this tendency must be looked after carefully. It is sometimes due to a general flabbiness of muscle, either congenital or the result of illness, or it may be due to a lax condition of the ligaments of the ankles. In either case domestic remedies may be used, as massage careful feeding, shower baths upon the parts affected and gentle rubbing. In case the weakness prevents the child's standing alone at a proper age, ankle supports of leather arranged to be worn inside the shoes may be had. For further treatment the physician must be consulted.

• •

Treatment of Constipation.

The occasional use of the enema is necessary with a child. Its prolonged use is not advisable, nor is it well to continue to give laxative medicines. It must be remembered that almost all cases of constipation yield to thorough and careful correction of the fault through proper feeding. This should always be given a careful trial before resorting to medicine

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FIRST in Years--Established 1780
FIRST in Honors--50 Highest Awards
FIRST on the Breakfast Tables of the World

Be sure that you get the genuine, bearing our trade-mark on every can.

Registered U. S. Pat. Off.

WALTER BAKER & CO. Ltd.
ESTABLISHED 1780 DORCHESTER, MASS.

SONGS OF ERIN

The Minstrel Boy.

THE Minstrel Boy to the war has gone,
In the ranks of death you'll find him;
His father's sword he has girded on,
And his wild harp slung behind him.
"Land of song!" said the warrior bard,
"Though all the world betrays thee,
One sword, at least, thy rights shall guard,
One faithful harp shall praise thee!"

The Minstrel fell!—but the foeman's chain
Could not bring his proud soul under;
The harp he loved ne'er spoke again,
For he tore its chords asunder,
And said, "No chains shall sully thee,
Thou soul of love and bravery!
Thy songs were made for the pure and free,
They shall never sound in slavery."
—Thomas Moore.

• •

The Little Waves of Breffny.

The Grand Road from the mountain
goes shining to the sea,
And there is traffic in it, and many a horse and cart;
But the little roads of Cloonagh are deeper far to me,
And the little roads of Cloonagh go rambling through my heart.

A great storm from the ocean goes shouting o'er the hill,
And there's glory in it, and terror on the wind;
But the haunted air of twilight is very strange and still,
And the little winds of twilight are dearer to my mind.

The great waves of the Atlantic sweep storming on their way,
Shining green and silver with the hidden herring shoal;
But the little waves of Breffny have drowned my heart in spray,
And the little waves of Breffny go stumbling through my soul.
—Eva Gore-Booth.

Kathleen Mavourneen.

Kathleen Mavourneen! the gray dawn is breaking.
The horn of the hunter is heard on the hill;
The lark from her light wing the bright dew is shaking—
Kathleen Mavourneen! what, slumbering still?
Oh, hast thou forgotten how soon we must sever?
Oh! hast thou forgotten this day we must part?
It may be for years, and it may be forever!
Oh, why ar thou silent, thou voice of my heart?
Oh! why are thou silent, Kathleen Mavourneen?

Kathleen Mavourneen, awake from thy slumbers!
The blue mountains glow in the sun's golden light;
Ah, where is the spell that once hung on my numbers?
Arise in thy beauty, thou star of my night!
Mavourneen, Mavourneen, my sad tears are falling,
To think that from Erin and thee I must part!
It may be for years, and it may be forever!
Then why art thou silent, thou voice of my heart?
Then why art thou silent, Kathleen Mavourneen?
—Mrs. Julia Crawford.

• •

Shamrocks.

I wear a shamrock in my heart,
Three in one, one in three—
Truth and love and faith,
Tears and pain and death;
O sweet my shamrock is to me!

Lay me in my hollow bed,
Grow the shamrocks over me.
Three in one, one in three,
Faith and hope and charity,
Peace and rest and silence be
With me where you lay my head;
O dear the shamrocks are to me!
—Rosa Mulholland.

HINTS FOR HOUSEKEEPERS

SUGAR Cookies—One cupful of white sugar, one half cupful of butter, a pinch of salt, a dash of nutmeg, two eggs, three tablespoonfuls of sour milk, a scant half teaspoonful of saleratus, dissolved in the milk, flour to roll firm.

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Salt Pork Cake—Take one and one half cups chopped, fat, salt pork, one cup sugar, two cups molasses, three eggs, one cup sweet milk, three teaspoons soda, two cups chopped raisins, spices preferred, and flour to make a stiff batter. This can be made with one egg, but will dry up; with two eggs it will keep moist a long time.

• •

Lemon Roll—Take three eggs, one cup sugar, one cup flour, one tablespoon milk, one teaspoon baking powder. Bake quickly in a square tin, turn out and spread on the cream as soon as possible. For the cream take one cup sugar, one lemon cut fine, one egg well beaten and cook all together until done; set to cool while you make the cake. After spreading, roll in a napkin.

• •

To Make Kisses.

To make kisses beat the whites of four eggs to a stiff froth and stir into them nine ounces granulated sugar; cover a baking tin or board with white paper and drop the mixture in any shape preferred upon this, placing in a slow oven to cook slowly; upon this depends much of the success; they should remain at least one hour in the oven, and quite hard to touch, while only the palest possible shade of brown.

They may be covered with thick paper if signs of too quick browning appear. Detach from the paper with a thin-bladed knife and put together in pairs. For occasions the inside may be slightly scooped out and ice cream placed within each half.

These are the cream kisses; to make the cocoanut ones add grated cocoanut to the sugar and egg, and finish as the first; vanilla kisses have a tablespoonful of the extract stirred into the beaten white, and any preferred flavoring may be used to give needed variety.

• •

Two Ways to Serve Potatoes.

For lyonnaise potatoes, cut three cold boiled potatoes in one-fourth-inch slices, and sprinkle with salt and pepper. Cut one small onion in thin slices, add three tablespoonfuls of butter, and cook five minutes, stirring constantly. Add potatoes and stir until potatoes are thoroughly mixed with onion and butter; then let stand until potatoes are well browned underneath. Fold and turn onto a hot platter. If any brown stock is at hand, add two tablespoonfuls, which makes the potatoes brown better. Many sprinkle lyonnaise potatoes with finely chopped parsley, and consider it a most desirable addition.

Maitre d'hotel potatoes are delicious to serve as an accompaniment to fish. Wash, pare and shape potatoes in balls, using a French vegetable cutter, or if one is not at hand, cut potatoes in half-inch cubes; there should be two cupfuls. Soak 15 minutes in cold water, drain and cook until soft in boiling salted water to cover. Drain and add the following mixture: Cream, three tablespoonfuls of butter, add one teaspoonful of lemon juice, one half teaspoonful of salt, one eighth of a teaspoonful of pepper and one half tablespoonful of finely chopped parsley.

• •

About Pop-Overs.

An inquiry has come concerning pop-overs and asking why when they appear to be done they are often soggy inside. The usual cause of this is insufficient baking. With an oven hot enough to cook them quickly—and this is imperative—the pop-overs often brown without being thoroughly cooked inside. If this is the trouble, laying a sheet of light paper over them after they begin to brown will prevent their burning while finishing the cooking.

Another cause of the soft inside is using a flour which is not suitable. The newcomer must experiment with our western flour until she becomes thoroughly accustomed to it. For instance, the best bread flours, the hard wheat flours, contain more gluten than the valley flour. The housekeeper who comes from the eastern states and is accustomed to molding her bread into a hard, compact ball with as much flour as can be worked into it will have but sorry success if she uses the same methods with the softer flour and in the different atmosphere of her western home. The valley flour will do for baking powder biscuit, for cakes and for incidental uses of the kitchen, but not for bread. For that one must but buy the best hard wheat flour. This again will not be so suitable for light breads as the pastry flour, and that for the ordinary housekeeper is better bought in packages, insuring evenness of results and keeping dry better than the sackful. So much for flours.

It is possible that the inquirer is using bread flour for the pop-overs, and that she will have better success if she tries the pastry flour. The recipe given seems to be sufficient. It is always a satisfaction to have inquiries. I wish we had more. It indicates an interest in the column which is gratifying and assures the writer that it is sometimes of real usefulness.

• •

Fine Duck Dressing.

Pare, core and slice thin five good sized apples; sprinkle each with cracker dust to keep them white. Pour boiling water over one pound of French prunes and when they are swollen remove the seed. Seed half a cup of raisins and mix with them and half a cup of cracker crumbs mixed with a teaspoonful of sugar. Then last add a saltspoonful of salt and a beaten egg. This will fill four good sized ducks, but do not pack too closely, as it swells.

• •

Honey Muffins.

One and one half pints of sifted flour, two teaspoonfuls of baking powder and one half teaspoonful of salt. Add two tablespoonfuls of butter, three beaten eggs, one teacupful of honey and one half pint of milk. Bake in hot oven.

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Request for Gluten Bread.

Will some one who makes gluten bread kindly send her recipe for the benefit of an inquirer?

• •

It Is Corn Syrup.

Secretaries Wilson, Cortelyou and Straus have made public a decision on the pure food law bearing upon the labeling of syrups. The decision reads: "We have given careful consideration to the labeling of the thick viscous syrup obtained by the incomplete hydrolysis of the starch of corn and composed essentially of dextrose, maltose and extrine. In our opinion, it is lawful to label this syrup as 'corn syrup,' and if to the corn syrup there is added a small percentage of refiner's syrup the mixture, in our judgment, is not misbranded if labeled 'corn syrup with cane flavor.'"

• •

A Sunday Menu.

BREAKFAST.

Grape Fruit. Cereal and Cream.
Corn Beef Hash. Poached Eggs.
Toast. Coffee.

DINNER.

Oyster Soup. Chicken Pie.
Cranberry Jelly. Celery.
Browned Sweet Potatoes. Artichokes.
Orange Snow Pudding. Cream Cake.
Coffee.

SUPPER.

Cold Veal Loaf. Currant Jelly.
Lettuce Sandwiches. Small Cakes.
Tea.

Candidates in Clatsop.

(Special Dispatch to The Journal.)

Astoria, Or., March 7.—C. A. Leinenweber and J. J. Robinson have filed petitions announcing their respective candidacies for representatives before the primaries on the Republican ticket. Geo. F. Parker has announced himself as a candidate for county surveyor.

CALL JOHNSON FAVORITE SON

Minnesota Democrats Beg Governor to Enter Race Against W. J. Bryan.

(United Press Leased Wire.)

St. Paul, March 7.—Governor Johnson of Minnesota was yesterday indorsed for the presidency in resolutions adopted by the Democratic state committee. The committee asks the chief executive to enter the race.

The adoption of these resolutions is taken by some as an equivalent to the formal launching of the governor's boom for the high office. Of the 86 members of the committee present only 10 of them were Bryan admirers. It is expected that Governor Johnson will soon respond to the action of the committee. His answer is awaited with interest.

Rebekahs at La Grande.

La Grande, Or., March 7.—About 100 Rebekahs were in La Grande Friday for the annual district convention. The district embraces La Grande, Union, Elgin, Summerville and Cove. Mrs. Emma Galloway, president of the Oregon assembly, is present. The officers are as follows: Chairman, Mrs. Emma Harding of La Grande; vice-chairman, Mrs. Martha Russell of Elgin; secretary, Mrs. Minnie Baird of Union; marshal, Mrs. Bader of Union; conductor, Ada Fowler of La Grande; chaplain, Mrs. Cates of La Grande; inside guardian, Mrs. Benton of Union; outside guardian, Emma Clark of La Grande. The Elgin drill team, renowned throughout eastern Oregon, presented the initiatory floor work last evening. The convention closed with an elaborate banquet at the I. O. O. F. parlors.

Idaho State Land Sale.

Boise, Ida., March 7.—The state land department has ordered a sale of state lands to be held at Twin Falls, April 3, when about 5,000 acres under the Twin Falls canal will be offered. The appraised values range from $10 to $55 per acre. A large number of people will be on hand at the sale, as the land to be offered is some of the best in that section of the state. None of the land will be sold for less than the appraised value.

YOUNG WOMEN

Young women are often great sufferers for want of proper advice at just the right time.

Mrs. Pinkham, at Lynn, Mass., has always issued to young girls a special invitation to write to her about their sickness. She is a mother, and fully understands.

In nine chances out of ten your case will be just the same as those of the young ladies whose letters follow.

LYDIA E. PINKHAM'S VEGETABLE COMPOUND

is what you need to restore health.

Miss Abby F. Barrows, of Nelsonville, Ohio, writes to Mrs. Pinkham:

"When I wrote to you I was very nervous, had dull headaches, backache, and was very irregular. Doctors did me no good. Lydia E. Pinkham's Vegetable Compound and your advice made me regular, well and strong. I am now in better health than ever before."

Miss Elsie L. Hook, of Chelsea, Vt., writes to Mrs. Pinkham:

"I am only sixteen years old, but Lydia E. Pinkham's Vegetable Compound and your advice have cured me of sideache, periodic pains, and a nervous, irritable condition after everything else had failed."

FACTS FOR SICK WOMEN.

For thirty years Lydia E. Pinkham's Vegetable Compound, made from roots and herbs, has been the standard remedy for female ills, and has positively cured thousands of women who have been troubled with displacements, inflammation, ulceration, fibroid tumors, irregularities, periodic pains, backache, that bearing-down feeling, flatulency, indigestion, dizziness, or nervous prostration. Why don't you try it?