

# THE REAL FEMININE

**Fads and Fashions.**  
By Florence Fairbanks.  
NEW YORK, Oct. 10. — And still they come — the new models of fall and winter styles, one more bewitching than the other and all of them tempting to distraction. There is an infinite variety of forms, ornamentations, colors and materials, enough to bewilder the eye, but all of them, nevertheless, follow the general idea governing the prevailing style. The voluptuous lines and lovely curves so fashionable last season are no longer in vogue and artificial padding for bust and hips no longer in demand. Instead, the long straight lines and carelessness, although the director and of the empire are sovereign. The extreme models of the present style are, undoubtedly, becoming to the tall, slim and carefree women, with long necks and small hips, but for women of more generous development they are almost impossible, or rather quite so. The reason is quite obvious; it is easier to supply lacking development by judicious padding than to eliminate the natural tissue that refuses to fit into the straight lines of the prevailing style. It is this fact which promises to cut short the life of the new fashion.



Afternoon costume suitable for broadcloth, velvet or silk. Skirt with circular sides stitched over V-shaped front panel decorated with simulated cord of the material. Mousquetaire sleeves with tucks and ruffles.

cover the arm tops and hang loosely to below the hips. It may cross one shoulder and encircle the lower edge of the bodice; or it may cross both shoulders and drape the top of the bodice and the ends about the neck, joining under the left arm and falling over the hip at front and back.

Among the new gowns of recent importation are some black lace gowns, conspicuous not only for the glorious color of the lace, but for the artistic combination of modes, such as Japanese and Grecian, in company with the newer version of the Herculite. This latter is introduced in the long, clinging tunic skirt, while the oriental tendency confines itself to the bodice, in the form of costumes of that kind, seen recently at a fashionable function, was of flannel trimmed with matching heavy mounted over cerise chiffon taffeta. Black silk drop ornaments dangled from every available point and huge ornaments of the same construction trimmed the front of the bodice. The sleeves were extremely long and without fullness, and the bodice was fitted over the foundation in mousquetaire effect and closed with small crocheted buttons, put on at less than a quarter of an inch apart. The general effect of the costume was rich without offending the eye by extravagance.

It seems as if favorite material for evening wraps which are generally of the voluminous and sleeveless sort, and in shape follow simple lines, when not of the straight effect, suggestive of ecclesiastical vestments. Just now the white evening wrap is suffering an eclipse in favor of the palest tints of blue, pink and gray, relieved with garnishings of white lace combined with the most delicate of these two extremes is khaki in its various shades, trimmed with passementerie and sparkling embroidery and soutache in matching metallic effects. Not only is silk brocade employed for the evening wrap, but it is used in large patterns for their outside, the tinsel threads employed in their weaving adding to its brilliancy and giving it a shimmer for the increasing popularity of fringes which appear on many of the latest and handsomest wraps imported from abroad.

After several years of comparative retirement, seal-skin is to be fashionable again this winter. But the genuine craze for seal-skin coats in former years, which led almost to the extinction of the fur-bearing seal, has made seal-skin so costly that at present it is far beyond the means of the ordinary woman. Only the very richest women will be able to afford a genuine seal-skin coat this winter, as they will be from five to seven-eighths length, requiring a great deal of material.

As to fabrics, the silk-covered hat undoubtedly leads this season, and the old-fashioned top hat is being worn greatly in evidence, which alone adds to the weight of the hat. Beavers are in vogue, and the heavy, fur-lined coats are again and yet many felt hats are also shown, in combination with heavy silk trimmings. Velvet hats seem to have gone completely out of style. Extreme styles, suggesting the merry widow seem almost to touch the very verge of the most notable features in the trimming of hats this season are the large wings and feathered bands, or Pochontaw effects that encircle the crown and in some instances droop over the back of the brim.

## THE MOTHERS' CORNER

### Little Essay for Mothers.

**DOUBT** if many women—many mothers—realize that the habit of criticism is one of the most destroying elements in the home today, writes Louise Mitchell. The effect upon children especially is markedly harmful. Criticism, whether it comes from the reviewer, the preacher, the teacher, the moralist or the mother, should be of constructive nature to have any rightful place in the building of life today.

Most of us draw our best strength for use in the environment in which we are placed from that inspiring source of hearing the nice things— not the flattering things, mark you—said about ourselves. There are few of us who do not recognize either definitely or sub-consciously at least our own shortcomings, and it is part of that struggle of self-preservation inherent within which induces us to hide them or forget them and put our best self forward for the benefit of others in order to be able to get somewhere unhampered by their criticisms. And, somehow, it doesn't seem just right for you or me to thwart that purpose.

The law of suggestion is a mighty force working for good or ill upon this plane of our existence, and used judiciously and with the high moral purpose to aid in the development of humanity it cannot fail to bring the greatest happiness and strength into the life of the individual. "I know that you can do this or that and do it well. Only try it." This is one of the foundation stones of success for your husband, your child, your friend or yourself. Fed from this inspiring source, hope, which is a large part of our "working capital" in whatever we may undertake, grows strong, and we dare and bring us into the full flower of achievement.

To attempt to "break" the will of a child is one of the gravest mistakes of the ignorant mother. There are many little things that could be readily overlooked in cases of this kind and the clashing of your will with his

intelligently avoided. Coaxing with bribes is not the method to use. In fact, it is pernicious. The child becomes acutely wise and makes use of the "coaxing" method to gain his own ends. Suggestion, care in forbidding things that in themselves are not of the least importance to the child or yourself, your firm but gentle and sympathetic manner when discussions arise from the only methods that can bring lasting benefit to either of you.

**The Child's Bed.**  
The light iron or brass bedstead with a mattress that can be easily aired and kept clean is the bed that ought generally to be used instead of the old-fashioned double bed. The bed covering par excellence is a lightweight blanket that can be frequently washed and kept soft and white. Some may think of a covering too hot for summer weather, but experience will show. Tucking the bed clothes tightly in is another popular error. The practice of making up a bed and making it almost air-tight is not a good one. It is of importance that the bed should be placed against the wall, but should be accessible on both sides. The old fashion of placing the bed in an alcove which cannot be ventilated so well as an open and large room is very unhygienic. An excellent reason why the bed should not be placed against the wall is that the person who sleeps at the rear of the bed is likely to have his face, during sleep, so near the wall that his breath striking the wall, will be rebreathed again.

**Clean Bottles.**  
Milk bottles should be carefully wiped about the top with a wet cloth before removing the pasteboard top, as it is by these tops that the milkmen carry them, and no amount of sterilization of the milk inside the can will prevent its carrying germs with it. The neck of the bottle when poured unless the bottle is carefully and thoroughly wiped with a clean wet cloth, preferably wet with borax water, which is a germicide.

### For the Plain Woman.

**PLAINNESS** of face and figure does not belong to any particular type, the same may be said in regard to age, many a debutante daughter being far behind her mother in good looks. She may be dark, fair or entirely nondescript.

As a rule she will be found to possess



Simple Wash Frock With Feather Stitched Bands for Child.

one good point, generally alluded to as "her redeeming feature," is a pair of aquiline nose, and it is her duty to dress up to it. She should make this point the keynote when planning her coiffure, and never lose sight of it, whether the attribute of beauty be good eyes, a clear, transparent skin, an abundance of hair, or half of a neatly shaven, a graceful poise of the head, or a good line of the back. No one is quite so hopeless as to be perfectly devoid of all comeliness.

The first thing the plain woman must do is give her hair careful attention. A stylish or even well rounded body will nine times out of ten, carry one through far better than a pretty face.

The individual with a poor figure, who

## HINTS FOR HOUSEKEEPERS.

**Hot Cakes for Breakfast.**  
**RENCH Pan Cakes.**—Beat smooth together six eggs and a half pound of flour. Melt four ounces of butter, and add to the batter, with one ounce of sugar and a half pint of milk. Put a spoonful at a time into buttered frying-pan and spread evenly on the surface.

**Indian Pan Cakes.**—Take a pint of cornmeal, a teaspoonful of salt, one of soda, pour on boiling water to make a thick mush; let stand until cool; add a half cup of four, half a cup of flour and stir in as much buttermilk as will make a good batter. Beat the batter one hour before mixing it. Bake in a well-greased skillet.

**Crushed Wheat Griddle Cakes.**—One teaspoonful of cracked wheat, two pinches of four, two spoonfuls of white sugar, half a teaspoonful of salt, two of baking powder, one egg and one pint of milk. Beat until smooth. Bake one hour before mixing it. Bake brown.

**Bread Griddle Cakes.**—Put half a pound of bread crust from crust in warm water to soak. Beat one egg, half a pint of milk and a tablespoonful of brown sugar mixed together; add a teaspoonful of salt, two of baking powder. Drain the soaked bread dry and mix in the milk, thickened with one pint of flour and one cup of baking powder. Bake on a hot griddle. Sprinkle with powdered sugar.

**Rice Griddle Cakes.**—Two cups of rice, one pint of four, one tablespoonful of sugar, half teaspoonful salt, two of baking powder, one egg, and a half pint of milk. Bake to a dark brown and serve with honey.

**Plain Waffles.**—Take a cake of any good yeast and make a sponge in the evening in the usual way. Add to the sponge two or three eggs, according to how many you have, one will do if the supply is small. Thin the sponge with milk, add a little sugar and they are ready to bake.

**Tripe With Oysters.**  
The late Thomas Murray was an advocate of the oyster broiled rather than stewed, although he admitted the perfection of the Philadelphia fry. His idea also originated the combination of tripe stewed with oysters, which dish is still

immensely popular at the clubs of both Washington and New York, where it is always on the menu during the season. There is, of course, a knack in this combination of one of the most delicately flavored sea foods with a meat, delectable by many, but the secret is the careful simmering of well selected fat tripe in waters changed several times during an hour of slow cooking. Then the butter and flour are added, which thicken the gravy, and the oysters are put in and allowed to simmer until the oysters curl, a red pepper cut in tiny dice ornaments the dish, a dozen large oysters to a pound of tripe is the proportion.

**Corn Cake.**  
One cup of cornmeal, one cup of flour, two thirds cup of sugar, one egg, quarter teaspoon salt, three teaspoons of yeast powder. Enough milk to make batter as for cake. Bake in quick oven 20 to 30 minutes.

**Corn Fritters.**  
One ear of corn, two eggs, salt, little melted butter, four to make a batter a little stiffer than pancakes. Fry in butter until brown, turn and fry until the other side is brown.

**Chopped Pickle Relish.**  
One small cabbage, discarding the outside leaves, one bunch celery, one quart cucumber pickles (after they are pickled), one quart onions, one quart green tomatoes, three red peppers. Chop and mix together one cup of salt, five tablespoons dry mustard, one tablespoon tumeric, two tablespoons capers, one cup of vinegar, one cup of sugar, one cup of vinegar. Heat the vinegar, mix the dry things with a little cold vinegar from the two quart jars, and add the vinegar. Cook a few minutes to thicken. Add the chopped mixture drained from the salt and boil five minutes.

**Lemon Raisin Pie.**  
One large cup of seeded and chopped raisins. Turn two cups of hot water on them and cook 10 minutes. Beat one egg, one cup of sugar, one cup of flour, one cup of raisins, one cup of lemon juice and one cup of lemon. Mix this with the raisins. Cool before putting into crust. Makes two pies with two crusts each.

The details of treatment would, of course, depend upon the peculiarities of the case, but these directions indicate the general plan.

### Not Every Nurse Knows.

**THAT** orange juice with cracked ice can often be taken by a patient who can retain nothing else.

That orange juice, being laxative, is excellent in most sick rooms; is sometimes even prescribed for typhoid fever patients.

That chocolate, though nourishing, often causes dyspepsia when the digestion is weak.

That the nervous patient should have eight or nine hours of sleep.

That sleep will be slow in coming if the sick person is allowed to have company just before bedtime or listens to exciting reading.

That a sick person should never see a sick person, "What can I do for you?"

That dainty service, often counts more than quality or variety in the invalid's meals.

That the nurse should never save steps when the patient's appetite is capricious. A small portion often tempts where a larger one nauseates.

That a sick room should never be made a thoroughfare or the gathering place for the family.

That having a patient hold her breath will reduce fever several degrees.

That, if possible, a patient should be given tea and coffee during convalescence. In a weakened condition they are apt to induce nervousness and sleeplessness.

That having a patient hold her breath will often prevent a spasm of coughing.

That toast water is a soothing and healing drink during attacks of bronchitis.

That persons subject to rheumatism or weak heart should not take baths that are ice cold.

### Art in Nail Care.

**WITH** a short orange stick, a sandpaper chip and a bit of chamois, all of which may conveniently be carried in an ordinary shopping bag, the finger nails may be kept in an ideal condition without the aid of a professional manicure. But they should be attended to directly after the hands are washed, no matter how often that may be necessary, and the process requires three minutes' time.

While drying the hands take care to press the cuticle at the nail's base as far back as possible. This will develop the desirable white crescent, which are a distinguishing mark of the regularly manicured hand, and as the hair begins at their base, one should avoid bruising the cuticle at that place, lest hangnails ensue.

When the fingers are thoroughly dried probe and clean the upper portion of the nails with the orange stick, taking pains not to tear the flesh of the fingers or to scratch the inside of the nails, as the white border at the top, so to be seen, must be transparent and absolutely flawless.

Even if the surface of the nails is slightly discolored, they may be brightened up using the end of the orange stick upon them. They should never be scraped with any sort of hard material, and the nail is so exceedingly delicate that it may not resume its normal condition for a long time. For the removal of hardening or temporary mortification than to run the risk of permanent injury, them, the stick is pressed into the groove of their base and under the flesh it will cause a soft place in the growing portion of the nail, and in time an unsightly scar will appear on the part above the moon, which should be kept delicately pink.

### Mrs. Ayrton Again.

**FOR** the improvement of the searchlight Mrs. Bertha Ayrton is being honored by scientific bodies in England. She is the only woman who holds membership in the British Institute of Electrical Engineers, and the only woman in the world who has been elected to the Royal Society of London for original, unaided research in electricity.

She succeeded in her searchlight when the world over had failed. After experiments carried over several years had failed to increase range and illumination, the British Admiralty called in Professor Ayrton in the hope of making the searchlight more effective.

Ayrton was puzzled, as other experts had been. His wife watched his work, and she finally expressed confidence in his ability to make an improvement. Ayrton gave her a free hand, engaging himself in other work. A couple of weeks ago the admiralty heads grew enthusiastic about the improved searchlight he exhibited before them. When they were crowded round to congratulate him, the professor, with elation, said: "Congratulations, my wife. She's the inventor, not I."

### The Nervous Woman.

**NEURASTHENIA**, or nervous prostration, is simply exhaustion of the nervous vitality, and is produced by any conditions which draw unduly on the patient's strength. Overwork, worry, lack of sleep, with over-indulgence in unhygienic living, etc., are the usual causes.

The only treatment of neurasthenia which promises good results is a hygienic one. Two meals a day should be taken of light, nutritious food, consisting largely of fruits, nut foods and cereals. A half-pint of hot water cereals before each meal and free water drinking between meals will be beneficial. Light, restful sleep should be taken with meals. This treatment, with proper baths, light exercise and a cheerful attitude, will soon free the patient from worry which usually effects a



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