

Topics of Interest in the Realm Feminine

IN SOCIETY

Miss Christine Pomeroy will have a group of extremely attractive girls who will attend her bridesmaids at her marriage with Thomas Scott Brooks. The wedding date has been announced for Thursday, November 1, and the important ceremony will be performed in Trinity Episcopal church. The appointments of the wedding are to be exceptionally pretty and the brides will be the center of a winsome group. The maid of honor will be Miss Harriet Pomeroy, who has not made her debut, but is one of the prettiest of the younger set. The bridesmaids will be Miss Helen Chesbrough, Miss Constantine McLaren, Miss Natalie Coffin, Miss Elizabeth Livermore and Miss Helen Gittings, who is a visitor from the east. There will be a crowd of guests at the church, but the great list for the reception afterward was limited to relatives and a few close friends. Scott Brooks and his bride will make their home in Portland, and the regret of Miss Pomeroy's friends here. This popular girl has a large collection of engagement cups at her home in Clay street and she will be feted at several affairs of the month. The days preceding her wedding will be crowded with entertainment if she accepts all the favors that are being planned in honor of her bride elect. Sunday's San Francisco Call.

Miss Irene Campbell of Chemawa, is the guest of Mrs. W. L. Northrup for the Irvington tennis tourney.

Mr. and Mrs. Ralph W. Wilbur have returned from a six weeks' trip to Honolulu.

Mr. and Mrs. James Mel. Wood were hosts yesterday afternoon, when they entertained very informally for Miss Frances Gladding and Miss Mary Gladding of Indianapolis, Ind., with a launching party. Tea at the golf club completed the pleasures of the afternoon. The Wood's guests numbered 19. With their father and mother, Mr. and Mrs. W. A. Gladding, the Misses Gladding are guests at the Hotel Portland. Mr. and Mrs. Ralph W. Wilbur entertained informally for the Gladings last night, when a group of friends were asked to meet the Indianapolis visitors.

Miss Alice Mulford is the guest of Mr. and Mrs. J. H. Tuttle at Tlona. Mrs. Sarah Mulford returned on Saturday with Mrs. Lee from a 10 days' visit with the Tuttle.

Mrs. Edward B. Gross of Pacific Grove, Cal., is the guest of her mother, Mrs. Ida M. Gross, at the Hotel Portland. Mrs. Gross was formerly Miss Ray Church.

Mr. and Mrs. Richard Wilder, accompanied by Mr. Wilder's mother and sister, Mrs. M. L. Isia Wilder and Miss Katherine Wilder of England, spent the week ending last night at Elk Creek. Mrs. Wilder and Miss Wilder have been the guests of Frank Wilder and Mrs. Richard Wilder since July, and may remain through the winter months. Mrs. Percy Blythe, another daughter, who has spent some time in Portland, is in Herfordshire, England.

Mr. and Mrs. Frank C. Miller of Kansas City, Mo., who have been guests in Portland for 10 days, left this afternoon for a fishing trip on the McKenzie river near Foley Springs. Among the hosts who have entertained Mr. and Mrs. Miller during their stay are Mr. and Mrs. Louis W. Burke, Mr. and Mrs. Henry E. Noble, Mr. and Mrs. C. M. Maxwell, Mrs. F. H. Kamm, Dr. and Mrs. J. P. Dickson, E. R. Eldridge and H. N. Purpes. Mr. and Mrs. Miller will return to Portland before leaving the coast for their eastern home.

Mrs. A. G. Barker, who has been the most of her daughter, Mrs. Fielding Kelly since early in June, will leave within a couple of weeks for Madison, Wis. Mrs. Barker is the chaperon for one of the smart Sorority houses of the University of Wisconsin.

Peter D. Martin, who was a guest at the Hotel Portland over Sunday, gave a motoring party Sunday afternoon, when his guests included Mr. and Mrs. John Couch Lewis and Mr. and Mrs. James Mel. Wood.

Congress on Social Insurance. The Hague, Sept. 6.—Scheduled among the prominent speakers at the International Congress of Social Insurance, which began a three day session here today, is the Honorable Mackenzie King, minister of labor of Canada. Twenty-two countries have sent delegates to the congress.

Election in New Mexico. Santa Fe, N. M., Sept. 4.—In each of the 26 counties of New Mexico elections are being held today for the election of delegates to the convention, which will frame a constitution for the new state. The constitutional convention will convene October 23.

SOME MEAT RECIPES

MOCK DUCK

Mock duck is made by placing on a round steak or a shoulder steak a stuffing of bread crumbs well seasoned with chopped onions, butter, chopped suet or dripping, salt, pepper and a little sage, if the flavor is relished. The steak is then rolled around the stuffing and tied with a string in several places. If the steak seems tough, the roll is steamed or stewed until tender before roasting in the oven until brown. Or it may be cooked in a casserole or other covered dish, in which case a cupful or more of water or soup stock should be poured around the meat. Mock duck is excellent served with currant or other acid jelly. You can get the very choicest round steak at the Frank L. Smith Meat Co.'s markets for only 12 1/2c and 15c, and shoulder steak for 12 1/2c. If you come to Smith's Alder-street market, be sure you get in the right place—see that Smith's name is over the door.

HARICOT OF MUTTON

2 tablepoonsful of chopped onions. 1 1/2 pounds of lean mutton or lamb cut into two-inch pieces. 2 tablepoonsful butter or drippings. 2 cups of water, and salt and pepper.

Fry the onions in the butter, add the meat and brown; cover with water and cook until the meat is tender. Serve with a border of Lima beans, scalded or evaporated Lima beans may be used in making this dish. The Frank L. Smith Meat Co.'s markets have the very choicest of Spring lamb and mutton for the above dish for 10c per lb.

BOILED BEEF WITH HORSE RADISH SAUCE

Plain boiled beef may also be served with horseradish sauce, and makes a palatable dish. A little chopped parsley sprinkled over the meat when served is considered an improvement by many persons. For the sake of variety, the meat may be browned like pot roast before serving. This is a cut of meat that can be had at any of Frank L. Smith's markets for 7c or 8c per lb.

TEACHER AND PUPIL

MR. ELLA DYMAN CABOT, wife of Dr. Richard Cabot and member of the Massachusetts board of education, has written a book on "Ethics for Children" that is attracting attention throughout the country. The theme of her latest work is the urgent need of furnishing some kind of moral training for the children in our public schools. She says, "It has been said that the hand rocks the cradle rules the world, but the mother or teacher who illumines the nature of right and wrong is an even greater ruler. Rocking the cradle puts the child to sleep; rousing character awakes the child to the meaning of life."

The plot of the Cabot book is to urge children to be kind, truthful, obedient, heroic, loyal and sympathetic, not by inculcating moral principles, but by giving ethical instances in the lives of great men or in heroic episodes that tend to arouse the interest and stimulate the ambition of the growing child. In her book Mrs. Cabot has arranged a collection of biographies and heroic incidents for each month of the year and for all grades of the schools from the first to the eighth, inclusive. The ethical center for the first year is helpfulness; for the second, home life; for the third, work; for the fourth, golden deeds; for the fifth, loyalty; for the sixth, friendship; for the seventh, patriotism; and for the eighth, choosing a calling.

Mrs. Cabot furnishes the following epigrammatic sayings: "The aim of ethical teaching is to give aid to control the motive power; make the best there is for a child no inviting that he will work eagerly and persistently to win." "We must not feed young infants moral nuts to crack or feed young athletes on predigested food." "On the whole, there is less harm

COMPANY BLOCKS STREET OPENING; MT. TABOR ANGRY

Improvement Ass'n. Passes Resolutions Expressing Indignation Because P. R., L. & P. Will Not Open Belmont.

Indignation because the street car company opposes the opening of Belmont street from East Sixty-second to East Sixty-ninth street was expressed in resolutions adopted last night at a largely attended meeting of the Mount Tabor Improvement association. It was stated that extension of the street will furnish a boulevard way to the new Mount Tabor park. Members present declared that the real reason the street railway company opposes the extension is because of unwillingness to pay the cost of extension and not because the company will lose right of way as is stated in the suit filed in the United States court on August 17.

R. C. Wright said that City Attorney Grant has remarked that Mayor Simon favors the extension and that City Attorney Grant had promised to bring the suit in United States court to a hearing as soon as possible. The resolutions were unanimously adopted. Agitation of plans for extending Belmont street were referred to the civic council, of which J. H. Hank is president. The resolutions read as follows:

"Whereas, Mount Tabor is one of the most sightly and beautiful places in all Portland, and is slowly acquiring many comfortable and pleasant homes, and should be made more accessible to the finest and best now possessed by our people; and it is the earnest desire of the residents of Mount Tabor to improve their property and streets so that this portion of the city shall equal and if possible surpass in beauty the most favored section, and

"Whereas, During the past three years a most strenuous effort has been put forth to secure the extension of Belmont street from East Sixty-second to East Sixty-ninth street, and the improvement of sidewalks, and after the greatest difficulties and delays the extension proceedings were finally terminated and that portion of the street declared open by the city council on August 24, 1910, and petitions to lay out a large park and others in the immediate vicinity were prepared for filing, and

"Whereas, Before the improvement proceedings could be commenced, the Portland Railway, Light & Power company, an Oregon corporation now holding valuable franchises, the gifts of the people of this city, began a suit in the United States court on August 27, 1910, therein obtaining an injunction restraining the city from proceeding with the improvement of Belmont street upon the alleged grounds that it held the title to the only practicable route directly from the city to Mount Tabor, being the new street, or right of way over the soil therein and that its pretended rights of property were to be taken away to and without due process of law under the United States constitution, which suit is now pending, and notwithstanding the assurance of the city attorney to do all in his power to dispose of it promptly, the slow rules and procedure of the United States courts no doubt will consume much valuable time, and

"Whereas, The real and sole ground of opposition to the opening and improvement of said portion of Belmont street by this corporation is an intent on its part to evade or entirely avoid the payment by it of the cost of such improvement, in the same manner as it has paid for the improvement of Belmont street to East Sixty-second street, as well as other streets in the city, and asserts that said Belmont street improvement is an unjust burden to it and it is unable to pay or wishes to avoid paying for it, and its whole attitude in this matter if allowed to stand, will prevent the progress of one of the finest localities in the city and is intended to delay the improvement and by obstruction to force, if possible, resolutions in its favor to which it is not equitably entitled, and

"Whereas, Its present business on Belmont street is one of the best it has and with the improvement of Mount Tabor and the future use of the new park that business will grow to vast proportions, making the cost of its share of these improvements wholly insignificant in comparison, and

"Whereas, Section 99 of the city charter requires holders of franchises to keep books and render returns, and ordinances are in effect, and should be made more effective, that the public may have access to proper and complete information regarding such corporations as the Portland Railway, Light & Power company, and

"Whereas, The city and the people are and always have been ready and willing to grant said corporation a franchise under the usual and proper restrictions to operate its service on Belmont street and desire and intend to deal fairly with it, but its attitude in the present case has been deceptive and it has seen fit to have recourse to a United States court instead of a state court; therefore be it

Variety of Hints

Cornstarch is a good substitute for eggs. One tablespoonful is equal to one egg. Cranberries eaten daily will frequently ward off bilious attacks. To keep flies off gilt frames, boil three or four onions in a pint of water; apply with a soft brush. To remove blood stains from cloth, saturate with kerosene, and after standing a little while wash in warm water.

To cure the sting of bee or wasp, mix earth with water to the consistency of mud. Apply at once. To stop bleeding put a handful of flour on the cut.

Little children suffer often with earache and this has been tried and never failed: Peel and bake an onion. When done take the heart out of it, and when just warm squeeze the warm juice into the ear. Nothing better!

The Five P's. A trained nurse gave to a mother what she called her "five P's" for keeping children well. Here they are: Pure milk, pure air, plenty of sleep, proper clothing and perfect cleanliness. Those few rules cover most of the necessities in hygienic child-rearing.

The importance of pure milk cannot be over estimated. Except for infants, cows' milk should answer every need; but mothers should know where it comes from and how it is cared for after it enters the house. The best milk is quickly contaminated if left without a cover in a hot place.

The strongest children are those who live most in the open air. Naps in daytime can be taken in a sheltered porch. Well wrapped, a child does not take cold, even in cold weather. At night every window should be open wide. See that evening bed clothing is supplied, or folds may result.

Plenty of sleep is essential. Babies should be put to bed by 8 o'clock each evening and sleep through until the next morning at 7. A nap during the day should be given.

Not all children are amenable to such rules; but they should be trained into better sleeping habits. Proper clothing includes that which keeps a child warm without overheating. Less bundling is thought necessary than formerly. Wool should be worn next the skin for the first two years, but it should be light weight.

Perfect cleanliness is a matter of cleanliness as well as hygiene. Nothing is more shocking than a dingy infant or child.

Rose Jar. Here is a recipe for a poupouri of rose leaves which will preserve the fragrance for many a day. As the roses are gathered pack them in a stone crock with alternate layers of salt. Keep in a cool, dry place. Leave for a week after the last petals have been added, then turn out on a broad tray and toss and mix thoroughly. Mix well with the ingredients given below, return to jar, and pack away to ripen for six weeks.

Powders.—One half ounce each of vio-

let, rose and heliotrop powder, one ounce of powderedorris root, a half (teaspoonful each of musc and cloves, one quarter teaspoonful of cinnamon. Liquids—Four drops of oil in roses, 18 drops of oil of neroli, 20 drops of oil of lavender, 30 drops of oil of eucalypta, 10 drops of oil of bergamot, two drams of pure alcohol.

The Matter of Massage. Massage treatments should not be fewer than two a week. If the professional services of a masseuse cannot be afforded, one must work at home night and morning with system and faithfulness. Five to 15 minutes should be spent each night in rubbing out lines, and if out too late to do justice to the treatment, cold water dashed onto the face in the morning (following a hot sponge and cold cream massage of five minutes) will make the face look well and feel firmer and better all day. Just a few moments' proper care each day will achieve wonderful results.

Chicken Spaghetti. Boil thoroughly one chicken. Mince meat fine. Boil two 5 cent packages of spaghetti 25 minutes in hot chicken broth. Remove the seeds from two cans of tomatoes and the juice from two onions. Put in baking dish. Layer of spaghetti and tomatoes, then layer of chicken, then layer of cheese, until all is used. Bake 40 minutes. Serve hot.

One Hour Nut Bread. Three fourths cupful of sugar, one egg, two cupfuls of milk, four cupfuls of sifted flour, four teaspoonfuls of the best baking powder, one cupful of nuts. Let raise 30 minutes. Bake 20 minutes. Recipe must be followed as given.

Cantaloupe Salad. Take as many loaf cantaloupes as you need and cut the inside into half inch squares or dice, and pour over these a French dressing (olive oil, vinegar, salt and a dash of cayenne pepper). Serve on lettuce leaves and garnish with half fresh cherries or maraschino cherries.

Banana Purée. Open a can of sliced pineapple, lay one slice on each serving dish, put round, fully ripe banana through a ricer, sweeten, and to each cupful of purée add two tablespoonfuls of orange juice. Pile in a mound on the pineapple and dust with sugar. Garnish with candied cherries.

Brown Bread Muffins. Break into bits sufficient stale bread to fill a quart measure. Cover with a pint of cold milk and soak till soft. Beat to a smooth paste, add the well beaten yolks of three eggs, a tablespoonful of melted butter, and three fourths of a cupful of Graham flour sifted with a heaping teaspoonful of baking powder. Fold in the well beaten whites of the eggs. Bake in muffin pan 20 minutes in a quick oven.

Hickory Nut Cake. Break two eggs in a cup and fill with sour cream. One cupful of sugar, one and one half cupfuls of flour, one teaspoonful of soda.

Filling.—one cupful of chopped nut meats, one cupful of sugar, one cupful of sour cream. Boil until thick. Spread between layers and on top of cake.

When to Sleep. The first sleep is the soundest—after the first hour the intensity of sleep slowly diminishes. Temperature and vitality are lowest at about 2 a. m., so

that two hours' sleep before midnight are worth four thereafter. Nature is so ruled as to the length of sleep, except that men need less than women, since women are the more sensitive and nervous creatures. Sleep should be just so long that when you wake in the morning a stretch and a yawn only are necessary to land you in a daytime of bounding vigor. As to early rising, it is comforting to hear a learned doctor say it is a habit that has gone far to wreck the constitution of many a growing youth.

A Pleasant Mouth Wash. Half a teaspoonful of lemon juice squeezed into a glass of lukewarm water, with which you clean your teeth, gives a delightful feeling of cleanliness to the mouth. Rinse it after with water only, as the acid of the lemon, if left in the mouth, injures the enamel of the teeth.

Maple Syrup. A good substitute for maple syrup is made by adding brown sugar to enough water to dissolve and boil until it starts to thicken. When done, stir in a few drops of vanilla.

Meeting of Farmers' Union. Charlotte, N. C., Sept. 4.—All sections of the south, and many of the middle and western states have sent delegates to the national convention of the Farmers' Educational and Cooperative Union of America, which began its sessions in this city today. Plans for strengthening the organization, which already has a membership of over a million, will be discussed, together with numerous matters relating to the growing, warehousing and marketing of crops.

Photo-Engravers in Session. Louisville, Ky., Sept. 4.—With several hundred delegates present from various cities of the United States and Canada the annual convention of the International Photo-Engravers' union of North America began its sessions in Louisville today. President Matthew Wolf of Chicago presided at the opening session.

B. Altman & Co.  
5TH AVENUE, 34TH AND 35TH STREETS, NEW YORK  
HAVE NOW READY THEIR CATALOGUE No. 102  
FOR THE FALL AND WINTER SEASONS.  
A COPY OF WHICH WILL BE MAILED UPON REQUEST.  
NOTICE—PREPAYMENT OF SHIPMENTS  
ATTENTION IS DIRECTED TO THE NEW SHIPPING SERVICE  
FOR THE ACCOMMODATION OF PATRONS, DETAILS OF WHICH  
ARE CONTAINED IN THIS CATALOGUE.

Autotoxemia  
A medical word, meaning self-poison (with one's own secretions or waste matter). In other words, it is a poisoning of the system due to constipation and inactive liver. Everybody is in danger of it and other sicknesses who lets constipation run on or who does not keep his liver active and his bowels open.  
Nature's Remedy  
NATURE'S REMEDY  
Is a sure preventive of Autotoxemia, Typhoid Fever and other sicknesses arising from disordered liver, stomach or bowels because it is the pure cure for Constipation. It makes the liver active, corrects the stomach, aids digestion, acts beneficially on the kidneys, tones up the system and keeps you a well man or woman.  
Better than Pills for Liver Bile  
Get a 25c Box

# Druggists Recommend

Ask Your Druggist

The vast majority of American druggists are mighty intelligent and well-educated men. They know the properties of drugs and medicines, and have experience with all kinds of troubles, which people come into the store to ask relief for. So their practical knowledge is very valuable, and their advice is worth a great deal to all sick people. If you are a woman, and know your druggist well enough to ask his advice for your trouble, do so, and he will advise you to try CARDUI, the woman's tonic. In his experience, he has heard and read of many cases of womanly weakness, which have been relieved or cured by Cardui. So when he tells you to try Cardui he is speaking from experience, and you will do well to follow his advice. Cardui has been found to relieve or prevent headache, backache, side ache, nervousness, irritability, and general womanly weakness and debility. Many thousands of ladies have been restored to health, by the use of Cardui, and have written to tell of the good it did them. Cardui is composed of pure, vegetable ingredients. It has no harmful effects, like many mineral compounds. It acts gently and naturally, is good for young and old, and should be in every lady's home, even if not an invalid, to take when she feels a little under the weather.

What others, who have tried Cardui, say about it, should surely be of interest to you, as showing what you may expect it to do for you. Hence this letter from Miss Ruth Ward, of Jerseyville, Ill., one of the thousands who have written in similar strain, will, we hope, convince you of the value of Cardui, the woman's tonic. She says: "My mother dying six years ago, when I was 17 years old, left me to care for 6 children. It was too much for me together with the shock of her death, as I had never been strong and I failed in health, until my friends said I would go into consumption. I was tired all the time and didn't want to go anywhere nor care for company; just to be left alone was all I wanted. I had headache most all the time and such pains that I could stand on my feet but a few minutes at a time. But a very dear friend advised me to take Cardui, the woman's tonic, as it had done her so much good, and since taking Cardui, I have been enjoying the best of health." Cardui is carried, as a standard remedy, on the shelves of all reliable drug stores. Your druggist will gladly sell you a bottle, with full directions for use, on the inside of the wrapper. Try a bottle of Cardui today.

MISS RUTH WARD  
Jerseyville, Ill.

# CARDUI The Woman's Tonic

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