

WOMEN'S CLUBS

Edited by Mrs. Sarah A. Evans

PORTLAND club women felt as if they had been through a real good, old-fashioned revival season, when the spirit had been abundantly poured upon them, and they had got the religion that would make them set up and shout "Hallelujah!" For it ever a set of women saw the vision of things not yet possessed, the promised land of splendid service opened up to them it has been within the last ten days, through the words of wisdom and inspiration brought to them by the distinguished women who have been in their midst.

At great conventions, like the biennial at San Francisco, the women congregate, but the hurry and pressure of business often prevents the individual from getting the benefit from this contact that she should. But taking them as they came to Portland: first the hundred strong delegation from New York with Miss Hay, Mrs. Helmut, Mrs. Grant Brown, Mrs. Warren, Mrs. Denison and a score of others equally distinguished to have met them personally to have heard them speak for us publicly, and to have them talk to us privately about the great things they are engaged in, was an education in itself. Then came Miss Helen Boswell and Miss Mary Wood, two women who have been in the thick of the industrial fight in New York city—a fight we know nothing of but which they warn us will be ours if we don't awake and arm ourselves before the battle is on.

Next came that peerless woman Mrs. Frances Squire Potter, whose very personality was an inspiration. If there is a woman in America who has seen the vision, and who is entering into its possession, it is Mrs. Potter. Never was a more classic lecture given in this state, or one so luminous. Mrs. Squire Potter, who has been in the Taylor street church. To have heard it was never to be able to look at life with the same indifference again. With her was Dr. de Boy, of Chicago, a woman who had the courage to go down into the stock yards of Chicago and bring to light the most deplorable conditions that this country ever saw, and who had still greater courage to enter the school board of Chicago and turn its corruption, mismanagement and ignorance to the light of day. She, the woman who has done great things. The last of one great group was Mrs. Duesha Breckenridge, a woman of southern accent, whom it would hardly seem possible to hear across the room, yet who could thrill a Chautauqua audience with her magic oratory, and in forensic debate worst an accomplished doctor of divinity and lay his arguments in a grave too dead ever to be resurrected.

Many others passed through the city with just the hand clasp of friendship, but they were women who did things, and even the touch was an inspiration. Is it little wonder we feel as if we had had a revival meeting? A great benefit will come to the clubs of the state, not alone through the inspiration of these talks and lectures and personal visits among the club women, who will become better women for them having been here, but through many in the state, and particularly in Portland, that manner of woman the club woman is. Many of our most earnest women, women who devote their lives to public service, have withheld themselves from the clubs because they did not understand what club work meant, nor the real club spirit. Ever to many club women this has been a revelation, which must result in a great club revival throughout the state.

WITH the closing of the Chautauqua assembly at Gladstone park this evening, the Oregon Federation has another fine deed recorded to its credit. The headquarters that have been so admirably conducted by Mrs. M. A. Dalton has been the mecca for all club women who have visited the grounds. The tent is well located and at all times of the day there is a shady nook to take a rest in, while the trees form a perfect retreat in which to gather for social or meeting purposes.

The big platform numbers promoted by the club women of Portland made it seem advisable not to maintain a round table this year, and many expressed their pleasure at being able to find comfortable chairs or a couch to rest upon where no meeting was in progress.

Each year the Chautauqua spirit grows upon the club women, and where formerly a headquarters had a struggle to live, this year four individual clubs beside the Federation, had their own headquarters. This year the Portland Woman's club having decided to make suffrage its main work until after the election, has used its tent as suffrage headquarters. The Shakespeare Study club of Portland went into the woods on an extensive scale, maintaining not only official headquarters, but a very pretentious living quarters which was called "Camp Mary Arden." Here they have dispensed the most generous hospitality, making it really one of the social centers of the assembly. It is hoped that this Chautauqua spirit will grow, and that next year many more clubs will take advantage of the pleasure and instruction the assembly offers.

ANOTHER distinguished woman has been in our midst, and while not strictly speaking a club woman, she belongs to the great army of women organized for the uplift of humanity. It was Mrs. Florence Atkins of Nashville, Tenn., who was the speaker for the W. C. T. U. on their Chautauqua program. Their evening was planned on an extensive scale. A recitation by Mrs. Eva Wheeler was much appreciated. Mrs. Ada W. Ulrich presided, and introduced the

HER HANDS AND ARMS MADE MARVELOUSLY BEAUTIFUL IN A SINGLE NIGHT

FREE PRESCRIPTION DID IT

Grace Benson says: "Had anyone told me such wonderful results could be accomplished so quickly, I positively would not have believed it. My arms and hands were covered with freckles, my neck was dark and wrinkled from the use of high collars; my hands were lapped and the knuckles red. All these defects were removed by one application of a free prescription, which I am pleased to give to anyone. It is just as simple as it is effective. Go to any drug store and get an empty two-ounce bottle and a one-ounce bottle of Kulus Compound. Pour the entire bottle of Kulus into the two-ounce bottle, add one-quarter ounce of witch hazel and fill with water. Prepare this prescription at your own home, then you know you are getting it right. Apply night and morning. It makes the skin soft and beautiful, no matter how rough and ungainly your hands and arms are. One application will astonish you. This free prescription is thousands of women and they are all just as enthusiastic as I am. Try it on your neck and shoulders and you will be greatly surprised."

speaker. From the first sentence to the last, Mrs. Atkins held her audience; her earnestness and sincerity coupled with a charming personality completely captivated her listeners.

She took for her topic the history of Ethea, drawing a comparison between that and present national history. The legalized liquor traffic—Haman—cruel, shrewd, indolgent and powerful; Ahimsa—our government betraying; Ethea—our womanhood—pleading for the life physical, moral, intellectual and spiritual of her beloved children.

At the cottage during the Chautauqua Mrs. Eva Wheeler held the young people well during the entire week, making the afternoons a great success. The members and friends have found the Chautauqua bungalow delightful, both for rest and the meeting of friends. Mrs. Hatfield has made a charming hostess and it is chiefly due to her efforts that the cottage has been made homelike to so many during the session.

ELIZABETH MYERS.

AS ONE who has been a clubwoman since 1876, the New Century club of Philadelphia, of which she is a charter member, having been formed during that great centennial exposition, Mrs. Blankenburg would advise women to join a federated club. In explanation she said:

"Clubs teach us to work with others; to tolerate and understand the opinions of those who differ from us as well as to sympathize with those who share our prejudices they teach us parliamentary law, and a sense of fair play, justice and equality. They teach us civics and individual responsibility to the commonwealth. In other words they are stepping stones to social service, which, in its highest sense, means brotherhood and humanity."

Referring to the vice commission of fifteen, which has been appointed by her husband, Mrs. Blankenburg said its personnel includes the city representative men and women, who are studying conditions, social and economic, endeavoring to rid Philadelphia of some of its most flagrant evils.

Explaining the Good Government league which has been formed among the school children, Mrs. Blankenburg explained how these quaker youths and maidens are trained to a sense of civic partnership. "They are told that the public buildings, the streets, all of which make up municipal housekeeping, is actually theirs. That through the taxes they will pay as citizens, and which are now being paid for them by parents or guardians, that they are owners in all these interests. Reverence of the flag, and respect for city and state officials are also incorporated in the league's training.

Mrs. Blankenburg is an enthusiastic believer in woman suffrage. She hopes that in 1915 Pennsylvania's voters will be called upon to decide a constitutional amendment enfranchising the state's women.

But in the meantime Philadelphia women are not foregoing civic interests, and Mrs. Blankenburg paid high tribute to the anti-suffragists who she said "are perhaps even more interested in city betterment, street cleaning and care of children than the women who called to speak before them I always say, 'how much more weight your wishes would have, how much time you could save, had you but the ability to say to the city fathers—we, the voters, wish this measure.'"

AN INTERESTING ceremony was participated in by the General Federation of Women's clubs at San Francisco last Sunday, when Mrs. Philip North Moore of St. Louis, president of the General Federation of Women's clubs, planted a green bay laurel tree on the site of the Panama-Pacific exposition. Mrs. E. G. Denniston, president of the California local biennial board, conducted the ceremonies and introduced Mrs. Moore who placed the first shovelful of soil around the roots of a small aurore.

"It is for the Federation circles that we are to come to California every 10 years," said Mrs. Moore. "Ten years ago we were in Los Angeles in biennial convention and at that time the people of St. Louis, men and women, were working hard for the success of the Louisiana purchase exposition. We therefore, understand the nature of the work you of San Francisco have before you. Today we have come to speak of the Panama-Pacific exposition, and it is with pleasure and pride that we hear there is to be no distinction between men and women in the great work. Only when men and women work together can great tasks be performed successfully, and it is with this spirit we dedicate this tree. We will not wait 10 years to return to San Francisco, but will be here in 1915 and will look upon this tree and recall with pleasurable pride the participation of the general federation of women's clubs."

NO MORE DYING AT ALL DEER TAKES FRENCH SCIENTIST

Make Friends With the Good "Glycobactere" Is Suggestion of Dr. Metchnikoff After Extensive Research.

By William Philip Simms. (United Press Leased Wire.) Paris, July 20.—If you would live forever, make friends with the good glycobactere. So declares the eminent Dr. Elle Metchnikoff, the Pasteur Institute scientist who has been delving for many years into the mysteries of why men grow old.

The human body, Dr. Metchnikoff, in common with scientists generally, declares, is the battleground, night and day, between the good and the bad microbes. When the bad microbes gain an engagement, you're a sick man. When the good microbes turn the tables, you get well. But, on the other hand, if the bad microbes rout the good microbes so completely that they cannot rally, you're a goner and the undertaker has to be called in to take your measure.

Such is your everyday life. Now, knowing that this terrible battle is forever going on inside of one, Dr. Metchnikoff by a very simple line of reasoning, concluded that if the good microbes could be fed up, kept healthy and hearty and always ready for a victorious scrap with the enemy, man would naturally live longer than ordinarily he would. So he went to work to find out what food the good microbes like best. It proved to be sugar.

Incidentally the white bearded scientist discovered that intestinal decomposition was the principal reason for man's growing old. What would stop, or retard, this putrefaction? Everyone knows that acids combat decomposition; that's why housewives put a small quantity of vinegar on meats to keep them from spoiling. We must do the same thing with the digestive tube; we must introduce into the system an acid producing microbe.

This was a simple enough operation for Dr. Metchnikoff, but he found that the microbes died of starvation, because, depending upon sugar for its living, they didn't get, in the lower intestines, sufficient sugar to keep them alive. So the bad microbes had a little difficulty in putting the feeble good microbes out of the business and continuing their nefarious work of provoking putrefaction, senility and death.

Dog Provides Missing Microbe. Obviously the thing to do was to find either another species of warrior in the microbes world, or a food which would keep the one already discovered going. Sugar, absorbed by the system, is not enough, so Dr. Metchnikoff discovered, in the intestines of a dog, a lowly, ordinary, canine dog, the very thing he was after: a microbe capable of producing the sugar required by the good microbes of the dog's stomach. This microbe, the dog's gift to man, is the "glycobactere." It forms itself out of the starchy foods—potatoes, etc.—and quite easily reaches, in all its fighting vigor, the lower intestines, the seat of battle.

The bad microbes, pitted against the good glycobactere, have no show whatever; and, other conditions being favorable, there is no reason why man, partaking of enough substances producing this kind of microbe, should not live far beyond the ordinary span of life.

"But you many dogs die young," Dr. Metchnikoff was asked. "Although the microbe was discovered in the intestinal flora of the dog," the savant replied placidly, "it does not mean that all dogs have them. To the contrary, the microbe is vigorous, and sooner or later, successfully, combated by the detestable regime followed by most members of the canine tribe."

Anyway, though the test has still to be applied to man, upon animals physically more or less similar to the human species, it has met with considerable success. And even through this discovery man is not destined to live forever, it has been pointed out that his general health may be considerably bettered for life, if he lightens and his effectiveness increased many fold.

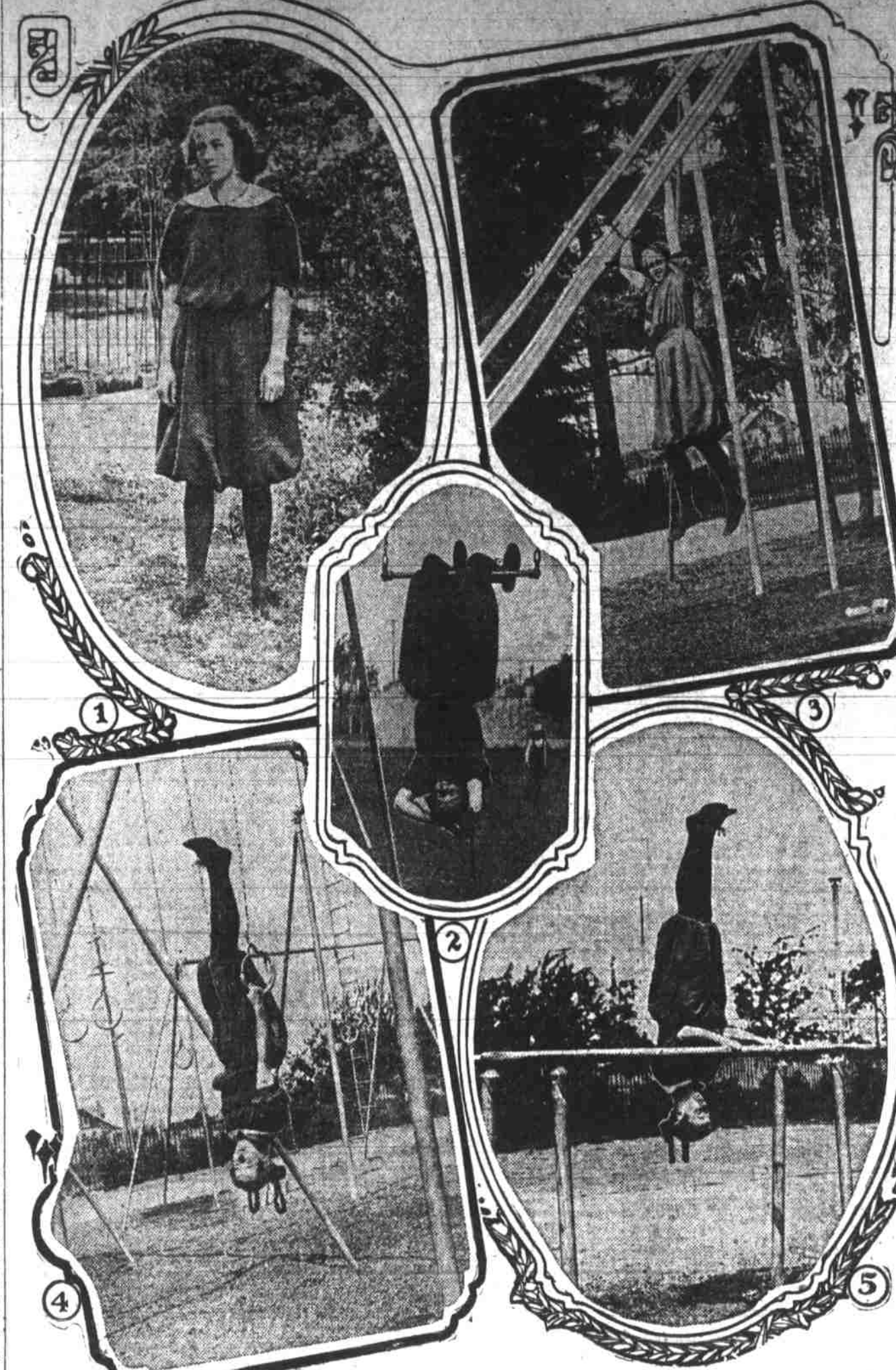
Dr. Metchnikoff is being likened to a modern Columbus, a sage who stands on the same footing with Pasteur, Darwin and Lister.

Philadelphia, Pa., July 20.—Mrs. Kate Jones and Mrs. Ellen Murphy, died within 24 hours of each other. The police are endeavoring to find their relatives.

Mrs. Murphy, who was 65 years old, was taken ill several days ago and her 60-year-old sister was devoted nurse. Mrs. Jones left the room for a few moments, and when she returned she found her sister dead. The body was taken to the morgue, and the bereft sister was inconsolable, but her loneliness was brief. An hour later she crawled into a vacant room and died.

Play Park Exercise Restores Invalid Girl to Health

School Girl Whose Physical Condition Three Years Ago Was Alarming, Now Leading Her Sisters in Athletic Feats and Track Events.



1—Helen Hall, who has won strength and athletic prowess in Peninsula Play Park. 2—Swinging upside down. 3—Climbing steel incline, hand over hand. 4—"Skinning the cat" on the ring. 5—On the parallel bars.

This story of transition from weakness to strength isn't a patent medicine testimonial. It is a tribute to the tonic administered by old Mother Nature in the form of equipment for exercise in one of Portland's play parks. It is but an individual instance that proves the general good of the play park system, which Portland inaugurated only a little more than two years ago.

Three years ago Helen Hall, now 16 years old, of 135 Albina avenue, was an invalid. She was so delicate that sustained school attendance was impossible. A feeble body and unhappy disposition characterized her.

Today she is the leading out-door athlete among the girls of Portland. None of the boys at Peninsula play park can run so fast as she. For that matter she hasn't yet found a man who can outrun her. She is the healthiest, happiest, girl in all the Piedmont and Peninsula district.

And the play park is the cause. When it opened she was among the first to enroll. Her father, H. S. Hall, was so anxious about her that he eagerly waited the first benefits of the exercise. But he was surprised beyond bounds at the results.

Method Is Simple. The method was simple. She simply exercised systematically, with energy, yet at no time trying to overdo herself. H. T. Smith, director of the Peninsula play park, was very much interested in the under-sized girl and he helped her all he could, and he encouraged her when, in the first days, she became discouraged.

Very soon Helen was the captain of the champion girls' ball team of Portland. She was also the pitcher and the team has never been beaten. One day she swung back and forth over the exercising rings 123 times without stopping. She was in the air, suspended by her arms, 40 minutes, and this is said to be the champion record for any girl in this country. She mastered every other form of exercising equipment at the park. She "does" the parallel bars, the swinging rings, the ladders, the chutes, the 100 yard dash or the mile-run, all in record time.

Within two weeks a fine big swimming tank was opened in Peninsula play park. And it became so popular at once that on last "woman's day" 200 would-be woman swimmers were turned away because there wasn't room for them.

Value of Parks Shown. They went away, however, vowing to organize a campaign to make a new swimming pool. Helen has been learning to swim since the tank was ready. She had an opportunity to learn to swim in an indoor tank, but she is so devoted now to outdoor exercise that she declined the opportunity.

Those who are familiar with the Peninsula play park, which is the largest best fitted, and most largely attended in the city, declare that there are hundreds of girls and boys who have been helped by the exercise in that neighborhood. They consider it the best possible argument for the generous play park policy of the park board and Park Superintendent E. T. Mische. Such benefits, they say, are not to be valued on a money basis but to be measured by the help toward strength, self-reliance, manhood and womanhood. They also declare it an argument for systematic outdoor exercise for every school boy and girl.

To Avoid Pasty, Shiny, Strreaky Complexions. Those who abhor sticky, greasy, shiny, streaked complexions should religiously avoid creams, powders and rouges these heated days. There's no need for them, anyway, since the virtues of mercolized wax have become known. No amount of perspiration will produce any evidence that you've been using the wax. As it is applied at bedtime and washed off in the morning, the complexion never looks like a make-up. Mercolized wax gradually takes off a bad complexion, instead of adding anything to make it worse. It has none of the disadvantages of cosmetics and accomplishes much more in keeping the complexion beautifully white, satiny and youthful. Just get an ounce of it at your druggist's and see what a few days' treatment will do. Use like cold cream.

Another effective summer treatment—hand tending to cause wrinkles and flabbiness—is a skin-tightener made by dissolving 1 oz. powdered axolite in 1/2 pt. witch hazel. Its use (as a face bath) leaves no trace.

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SANTIAM'S POWER INVOLVED IN SUIT

Hammond Lumber Company Resists Being Ousted; Case Up July 23.

(Special to The Journal.) Mill City, Or., July 20.—The struggle of the Willamette Valley Power company for power sites along the Santiam against the big Hammond Lumber company, which is using this stream for logging purposes, will be in court next Wednesday at Salem, Or.

The power company seeks to condemn power sites and riparian rights along the banks of the Santiam. The Hammond Lumber company's mill is situated on the river at a point near Mill City. The case involves whether a logging stream can be appropriated for power purposes when it is not navigable except for floating logs to the mills.

The plaintiff is represented by McNary & McNary of Salem and Judge Kerr of Portland. Weatherford & Weatherford of Albany will represent the mill company.

NEW BEDFORD TO GIVE WORKERS PLENTY TO DO

(United Press Leased Wire.) New Bedford, Mass., July 20.—By bullet, if necessary, Chief of Police Mason announced today that he would stop tomorrow's parade of Industrial Workers of the World, whose members here are striking from the textile mills. "The Industrial Workers are not going to run New Bedford," said Mason. "Not only that, but their members won't want to live here after we get through with them. We won't go the limit as San Diego did—because we won't have to."

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(From Beauty's Mirror.)

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