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Latest' Fashions "Young

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outstanding feather, to activity during these months of brush and flower trimmings, the brim to activity during these months of turned sharply up on one side and rapid development. Let nature direct down on the other, and the one-sided his progress. She knows the condition of his bones and muscles better than transparent brin of lace.

an excellent example.

But the latest thing is the huge you do. When he discovers that his feet were made to walk on, he will but the intest thing or velvet bow, drag himself to an upright position by crubber iteress the top of the bot, with a chaif or stort. If he is walking at 19 tall loops and ends cubningly wired months, he is developing rapidly enough bit more and these the greater and taking sufficient exercise. If very portion of the bow towers over the months, do not worry. Sigture is watchleft side, and if there are other end, moliths, do not worry. Againe is watch-they are either draped in with the ung and guarding him. But if he is not close-fitting crown or arranged to de scribe a downward sloping line at the opposite side. The model sketched is may find backward mental symptoms.

One thing which often retards a Here there is a snug "rap" grown of baby's walking is heavy, bunglesome di-tange velour, drawn into a headhand spars. At one year, a haby's habits should be such that dapers can be laid

oside for drawers and compers which faillitate walking. Another factor of daily life which in-

ing body. This may result in bow-legs,

knock-knees, flat feet, pigeon-toeing, all

sorts of defects in gait that are sad

Encourage, but do not urge your baby

crosses to hear in later years.

terfores with baby's on-elopment is the pressure of duties on the average moth-She has so many other things to do that she cannot superintend her baoy's exercise. So long as he is safe from anger and amused and quiet, she does not realize that he is suffering from tack of exercise. I have seen bables strapped in carriages and high chairs for long stretches of time without any banke of position, without any opporunity to use their muscles, simply because they were amused and quiet, not disturbing "Mother." An occasional change of toys, a cracker, or a sweet, even a "pacifier" are offered in lieu of what the child needs, exercise of its cramped muscles. This sort of child joes not learn to creep or walk as it hould because it is given no opportun-

skunk fur, and an immense bow of Many women ask me whether their taupe satin with two up-standing loops bables should be "exercised." and one down-sloping pointed end. means a system of rubbing, working of It makes an excellent costume hat muscles, artificial exercise and stimula-By that, I mean a hat made to match tion for the normal baby I should say a certain suit or gown. For instance, most emphatically "No." Calistientes

one might have a dull blue gown with of any sort should bot be forced on a fur trimming, in which young child, and many a well-meaning case the hat might be developed in the father with physical culture fads has same shade of blue throughout, with a developed a normal, healthy child into a for headband to match that of the nervous, pallid baby by attempting to dress trimming—and so on. The same give it exercises designed for slugglish upstanding trimming will be used a adult systems. Even a good thing like great deal on small shapes that hav- physical culture can be misapplied. brims sharply turned up against one

If a baby is listless, puny and back side, but never-oh, never!-on the ward, consult a physician, do not apply round baby shapes with chin strays your own particular methods of stimula-The too distinctly different and intended for ter nourishment not exercises that will The next talk will answer this ques-

tion "What should you know about your haby'

THE WIDOW AND THE BOY

By Edna K. Wooley.

Coypright 1913, by E. K. Wooley. , HAT red-haired fellow has a fearful crush on the fair widow," remarked the caller, as she and her hostess sat in the side bay window and watched what could be seen of the neighbors.

"Do you call her pretty ?" asked the other. "I think she's too fat." "Oh, I wouldn't call her fat exactly, and

she's fairly good looking for her age. Yes, she must be ten years older than that boy. Why, he's still studying.

"What she wants with a kid I can't see," agreed the visitor. "But I suppose that's all she can get." "Of course, he's an awful fool to pick up with a woman old enough to be his mother," asserted the hostess. "Sometimes I feel sorry for him."

"Well, I don't know. He's really lucky to have anybody notice him-even a widow. He's about the homeliest creature I've ever seen. His ears stick out like the handle to a pitcher."

"There look! Both women craned their necks as the red-headed one emerged from the widow's kitchen door and emptied the dinner scraps into the garbage can. A large kitchen apron dangled in front of him, and he dumped the scraps into the receptacle with a swiftness and precision that spoke of practice. The

wildow, in a pink house dress, stood in the doorway and smiled upon him. The women who watched clicked their tongues-tsst-tsst!

"Did you ever?" exclaimed the visitor. "Oh, he's over there all the time," declared the hostess. "He does all the hores for her. This morning he was splitting wood and he worked like a Frojan.

"Well, when a man is willing to empty the garbage for his lady love, he's pretty far gone," opined the visitor.

"Yes-if he doesn't get too much of it," remarked the other. "Lately I've thought he wasn't so anxious. But if he doesn't come over of his own accord, she's right after him. My, you ought to see how sweet she is! But she's a regular tyrant and he'll get on to it—you just make up your mind to that. I ever saw a man yet that could be put over all the time. "Unless he's married," remarked the visitor.

"Oh, yes, of course-if he's married he can't very well help himself." agreed

"Say, look-1 can see them through the kitchen window. She's the hostess, untying his apron. The necks of the watchers stretched again, to get a good view. The widow.

still smiling sweetly, had put her arms around the red-headed one's waist to untie the apron strings behind, while she looked meltingly into her adored one's

'My, how those widows can work a man!" exclaimed the visitor. "My private opinion is she doesn't care a rap about him" stated the hostess She just wants somebody hanging around to do the work for her and he's soft

enough to do it." "Those widows!" exclaimed the visitor.



charm above all others you would be wise to select a sweet speaking voice. But do not think this is solely a Godgiven gift. Not every one may sing entertainingly, but virtually any one may acquire à pleasing conversational voice. First test your voice. Say, pausing between sentences, "I am going now and I may never see you again." Then, "Oh, there you are!" and "Will you come and sit beside me?" Note carefully, first. whether the tone is pitched either too high or too low; secondly, whether the intonation is melodious or monotonous, and, thirdly, whether the words are clearly approached and rounded.

To improve upon the conditions you find, remember that they probably are due to careless habits which must be overcome by constant practice.

Most feminine voices, owing to ner-vous tension, are pitched too high. Relax the throat muscles and project the tones out of the opened mouth with force directed enough to carry them straight to the listener. Aim your tones, as it were.

Note the regularity and depth of your breathing. This has everything to do with the carrying power of the voice and its quality. Remember that right thinking must necessarily invest the voice with beauty and evil thinking with a discordant note.

Once you have determined upon the pltch your voice should have, practice making each tone vibrant, giving it its full timbre (which does not mean tremolo), and then by running up and down the scale with "Oh" and "Ah," practice

for smoothness. Although there are scores and scores of different voice ounds and the voice is capable of great range, the majority of persons speak

and think particularly of pronouncing the vowels. Train your ear to notice

W. lodge of this city initiated 20 candidates last night. A banquet was served at the conclusion of the initiatory ceremonies. Several visiting Woodmen of The Dalles were present. The local lodge has a membership of 175.

New congress, but the currency pother

Little Stories for Bedtime

By Thornton W. Burgess (Copyright, 1913, by J. G. Lloyd.) Ever since he had found the strange "Does it pond, and the dam which had made it, ever occur to you deep in the Green Forest, Farmer to provide for a Brown's boy studied and studied, and thought and thought about it and who could have made it. It puzzled him. It seemed as if some other boy or man

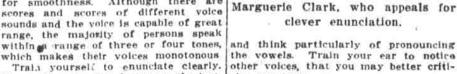
"Is it true that both your husband those trees which had been cut looked

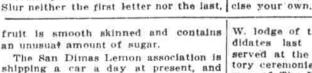
you one of these days! Yes, sir, that's



<u>Health and Beauty Helps</u>







an unusual amount of sugar. The San Dimas Lemon association is shipping a car a day at present, and this will be doubled in a short time.



How to Detect the **Alum Baking Powder**

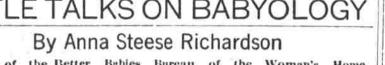
"Which are the alum baking powders; how can I avoid them unless they are named?" asks a housekeeper.

Here is one way: take the can of a lowpriced powder in your hand and read the ingredient clause upon the back label. The law requires that if the powder contains alum that fact must be there stated. If you find one of the ingredients named alum, or sulphate of aluminum, you have found an alum baking powder.

request that he pay it. Companion.

pure air. It should be supplied ment than cough syrup. A baby raised in a uniform temperature will not need Fresh air, properly inhaled, is the sur . cough syrup. The crib should not stand Fresh air, properly inhaled, is the sur-preventive of catarrh and tuberculosis. In a draught but be protected by a screen. If the room is very small, open-Pure air is the baby's just due. No ing on a larger room, let the ventilation mother has the right to deprive her come from the larger room. nappy, child of this precious, healthgiving also, that mother whose house can boast

In the darker ages of motherhood, chosen for Baby's nursery. Open fire-bables were literally deprived of air. place veniltation is ideal. To this fact may be traced part of the Whenever possible the baby should be To this fact may be traced part of the under the barry shound be and the man who white Plague curse of folday. I can bucked warmly into a carriage and al-rectail seeing babies wrapped up, head lowed to sleep outdoors in the daytime. And the man who is not to you have failed in business?" not a broath of fresh air could penetrate er should prevent this sensible plan. "Yes, but Ned's the supposedly delicate lungs. I have Nor should the baby's fare be covered falurg isn't nearly the supposedly delicate lungs. I have seen babies thus wrapped up, tucked into a cradle or huge armchair benind a kitchen stove, where the choking odors of cooking and coal gas were add-ed to the generally impure air of the room. The average mother in fact was convinced that not a breath of what set. Nor should the baby's face be covered while steeping outdoors. A sunny cor-ner of the porch is an ideal day sleeping bots. He failed for to cents on the dol-lar, while my hus-thand failed for only 10 cents on the dollar."



a touch of

Director of the Better Babies Bureau of the Woman's Home

Showing the new high-standing bow. By Lillian E. Young

NE-SIDED efects are the greatest innovation in "hatdom." season has been marked by this qualit simplicity, while the new how weaken it further. yery noticeable trend. We have trimming, being essentially "smart". The next talk w had the brims narrow at one could only be successfully applied to and spreading to greater width on the small stiffer shapes. alde

LITTLE TALKS ON BABYOLOGY

THE very best tonic for a baby is F. A thermometer is a better invest-

an open fireplace. This room should be

Whenever possible the baby should be

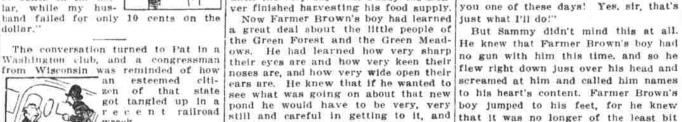


items is for a \$25 raincoat, and \$15 of it is for umbrellas."-Life

and the man who

the bill you'll find that one of the must have done it. It certainly did

the work. Farmer Brown's boy didn't say a word to any one about what he had found. It was his very own secret -his and Bowser the Hound's. So he waited and watched for a chance to get up there again, but he couldn't get away until the very day that Paddy the Bea-



A FEW SMILES The boy had just handed his father sizable haberdasher's bill with the Boy. "You are an extravagant idlot!" roared the irate

Sammy Jay and Farmer Brown's

seem so. He didn't know of any little forest or meadow people who could have done it, and yet-well, the stumps of

as if jeeth, very big and wonderful teeth, but teeth and not tools, had done



convinced that not a breath of what she convinced that not a breath of what see Never should a child be allowed to called "cold air" must reach her baby's sleep in a room with gas or lamp burn-

lunga Is it not wonderful that so many of irg low. The fumes from such illumius have lived to-raise babies' more nation are extremely bad for the lungs. They exhaust the oxygen which the sanely?

This is a fresh air age. But this does baby needs so sorely, The busy farm mother who cannot not mean that a mother should go to extremes in supplying the air her baby take her baby for a daily airing has no needs nor in "hardening" its body as excuse for not letting it sleep outdoors. some faddists maintain. The baby If she has no carriage, she can have should not be chilled nor exposed to a casters put on the crib and roll it out direct draught, but the air in the room on the porch, or even a deep hox can should be cool and pure, not hot and be padded and baby can be made safe fetid. In this one respect, strangely and comfortable by adding a firm hair the country baby. The average city baby begins to sit up and play, a similar head in one hand and his leg in the the country baby. The average city baby begins to sit up and play, a similar head in one hand and his leg in the house is uniformly heated by steam or padded box or small fenced enclosure other, said members, of course, not furnace, and easily ventilated. The should be built on the porch for a nurscountry or farm house is still heated ery. It is a positive injustice, nothing largely by stoves. One room is very short of criminal, to keep a delicate baby in the kitchen. "How are you feeling. Pat." asked one of the party, stooping to assist them, and he just couldn't think of any out in the pond was Paddy's new house! It hadn't been there 'when Farmer

Many a mother, worn out with a fret-Hy and they are kept too hot, often every window is closed tightly and the ful baby will secure rest for herself and air is sadly vitiated. comfortable outdoors. It is a significant fact that at all the

valk?

It is a significant fact that at all the Better Bables Contests this year where the bables in fresh air is restful, and bables that will and bables that will the Better Bables Bureau offered two championship prizes, one for city bables if placed on the quiet porch or under a "Never mind, old fellow," sympathe- and crawled slowly, oh, so slowly, tak- of these fine days," said he. and one for country bables, the city ba- shady tree. The sturdy baby should have its reg-

bles scored higher than the country bables and showed a better chest develop-The country baby should have from the age of two weeks. At six ment. the best of air to breathe, but it does months, the airing in his carriage, exclunot, because its home is seldom well sive of sleep, understand, should last an thot Oim after now. ventilated, and because its busy farm hour and the time should be gradually mother has so little time to take it out increased until at five and six years, he In the fresh air. The city mother is plays the greater part of the time out-always being reminded of dangers from doors by habit. impure air, by newspaper writers, by [If the day is inclement, rainy,

talks at clubs and social centers and at blustery, at least open the nursery win-clinics. Even her older children come dow and dressing the baby, cap and all, home from school, preaching the gospet as for his daily ride, let him breathe of fresh air for the family baby. She the air for a half hour or more. In mis shamed properly and daily alring. s shamed into ventilating her house winter, the daily ride should properly and taking her laby out for a during the submest time of the day. te summer, choose the cooler hours,

The country mother keeps her house early morning and just before bedtime. closed in winter to shut out cold and in summer to ward off heat, dust and flies Her baby has small chance to breathe resh air

From the beginning, the baby, city or country, should sleep in a ventilated of physickins at better babies contests. room, window open top and hottom, at a emperature of from 65 to 70 degrees for in a baby's up-bringing, exercise.



The conversation turned to Pat in esteemed citian s zen got tangled up in a e c e n t railroad

wreck. When the smoke had cleared away and the wasn't which serious affair, was

being detached. "How are you feeling, Pat?" asked

hurt?" "Shure, an' thot Oi am," answered good health for the baby by making it Pat, whose worst injury was a bunch The sleep in of bumps. "Ol fale as if a road roller

> tically returned the other. so had as it might have been, and you

ular daily airing, weather permitting, will get damages. "Damages!" exclaimed Pat. 'Begorra, an' Oi've enough av thim. Its repairs

> "Can you direct me to the best hotel in this town? asked the stranger who, after saily watching train depart the

had sat his satchel the station 1110071 platform. can." replied -1 10 the man who WHE be given waiting for a train the going other "but I hate to

way. "When should my buby begin to sit do it "Why?

"How soon should I let my baby "Because you will think after you've seen it that I'm a liar.

These questions are frequently asked They form part of that important fac-

The normal, healthy baby, properly ad, given legitimate freedom will .oose its own form of exercise and gain trength through a God-given instinct. he parent who retards its activities r stimulates them makes a grave mis-

For a few weeks after its birth, the uly exercise a baby has or needs is rying. Crying in moderation is good, rying. "althy exercise. At two months, if he still sturdy, he should begin to have what might be termed play periods. All his clothing except the belly-band or shirt should be removed. Then with the temperature of the room at 70 degrees farenheit, he is haid on a bed protected from draught, and permitted to kick and roll as his fancy dictates. When he is tired, he will stop. Babies know setter than grown-ups how to conserve heir energies. At four months, the healthy baby

olds up his head and shows a tendency to sit up with support. At six months the does sit up with a pillow at his back. At nine months he should be able to sit alone on the floor, with no pillow upporting his back and about this time, the will make occasional efforts to creep. This is a critical time in baby's career. He is so cunning, so enticing, that par-ents and relatives are very apt to urge him on faster than nature decrees. As soon as as begins to creep, adult hands offer to help him stand erect. He is overpersuaded to take the funny, tottering steps before the bones and muscles its strong enough to support his grow-

when he got there he would have to keep of use to try to steal up to the pond. well hidden. So he left Bowser the He threw a pine cone at Sammy, and, of Hound at home, and Bowser actually wreck. course, this made Sammy angrier than cried when he was left behind. Yes, sir, Bowser actually cried. Then Farmer ever. He told everybody within hear-Brown's boy stole up through the Green ing just what he thought of Farmer Forest until he was near the pond of Brown's boy, and there wasn't a thing Paddy the Beaver. The truth is he had that Farmer Brown's boy could do about begun to suspect who had built that it. So he shrugged his shoulders and dam and made that pond. He had never walked over to Paddy's dam. Then he seen a Beaver, but he had read about gave a low whistle of surprise. There

big and wonderful piece of work. Brown's boy had found the pond. And He was very much excited, was Far- there was Paddy's canal and the stumps mer Brown's boy. He wanted to see for of all the trees Paddy had cut. Farmer himself just what was going on. And Brown's boy no longer wondered who

"I think I'll have a Beaver skin one and crawled slowly, oh, so slowly, tak- of these fine days," said he. "T'll set "Its not ing the greatest care not to rustle a some traps by and by. Yes, sir, I think leaf or shap a twig or make the least I'll have a Beaver skin one of these fine little sound. Now it is quite likely that days!"

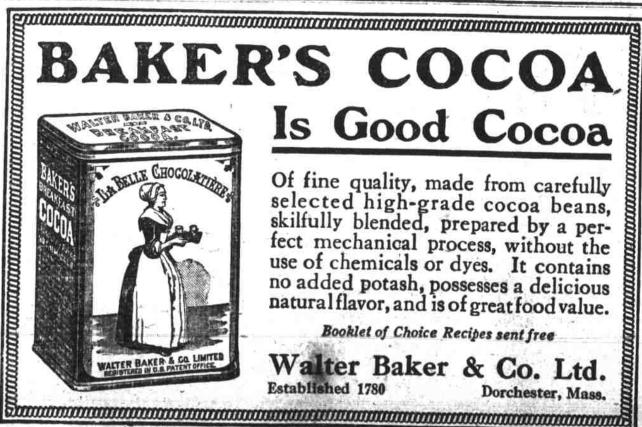
Farmer Brown's boy would have suc-ceeded in surprising Paddy the Beaver "You'll have to be smarter than you've ever been yet!" screamed Sammy Jay at work had it not been for Sammy Jay. But Farmer Brown's boy took no notice. You know Sammy was in the top of a You see, he didn't understand what tall pine tree keeping watch, and Sammy said. Sammy's eyes are so sharp that very

little escapes them. He saw something Next story: "Farmer Brown's Boy reeping through the Green Forest, and without waiting to see what it was he

gave the alarm and Paddy dived into his At first Sammy had thought it ond. was Old Man Coyote creeping up, but as soon as he flew over nearer he knew who it was, and my, my, my, how he did scream and scold!

Farmer Brown's boy looked up and

Farmer Brown's boy nonce up and scowled angrily Then he shook his fist at Sammy Jay. "You mischief maker:" he growled, "I'll bring my gun and shoot



There is another and a better way. You don't have to know the names of the alum powders. Use Royal Baking Powder only; that assures you a cream of tartar powder, and the purest and most healthful baking powder beyond question.





Pomona, Cal., Dec. 3. - The orange acking season opened today, and from

Nearly a normal crop will be shipped