

Fashion Decrees Picturesque Garb

By Margaret Mason.

Will you dress yourself like a little Eopep... And only her getup exclusive of sheep...

Now these aren't suggestions for some for a night... But latest spring fashions for one and...

In this instance little Eopep has found her sheep in the throng of modern maids and matrons who follow the fashions like a pack of silly sheep...

Dolly Varden herself could not have found more fitting attire than the flowered frock of pink taffeta...

The hats to be worn with the period dresses are equally picturesque and fanciful...

On Monday evening a very enjoyable concert was given at Jefferson, Oregon, by Charles O. Huxtable...

Arthur Harbaugh made a splendid impression in his singing Monday night for the patriotic concert at the Madeline church...

IN REALM OF MUSIC

The Albina W. C. T. U. to the Parent-Teacher association of the Slater school last week...

Ted W. Bacon's First Christian church orchestra took part in an entertainment given to the delegates of the Sunday school...

Harry Sengall and Harry Williams, pupils of Aaron H. Currier, sang at the Credit Men's banquet last Wednesday evening...

A young singer who is attracting attention by her beautiful coloratura work is Miss Laura Wilkins...

Mrs. Charles Ringler, Miss Marie Rodgers, and Mrs. Charles L. Wheeler, are new members of the Laurelhurst Ladies' Chorus...

Put a teaspoonful of Omega Oil in a cup of boiling water, then inhale the steam which goes through the passages of the nose and throat...

HEROINE OF WAR ROMANCE SAILS FOR FRANCE



Miss Adele Leuville of Plaquemine, La., who is central figure in a pretty wartime romance.

New York, Feb. 27.—Soon after the Lafayette fund sent out its appeal for money to be used in purchasing kits for soldiers in the French trenches...

The second in the series of concert recitals to be given at the Dental college under the direction of J. William Belcher will take place next Friday evening...

Miss Genevieve Fisher was soloist last Sunday evening at the Epworth Methodist Episcopal church...

Arthur Harbaugh made a splendid impression in his singing Monday night for the patriotic concert at the Madeline church...

Miss Christine Denholm, one of the soloists at the recent entertainment given by the ladies auxiliary of the Slater church...

On account of preparations being made for the Lenten concert, the regular meeting of the Monday Musical club of Monday, March 1, has been postponed...

"L'aria de Lammertorn" will be the subject of Dr. Shaw's lecture next Friday evening at 5:37 Third building...

Leslie LeRoy, owner of the Slater school, will be the soloist in the concert given at the Epworth Methodist church...

Miss Kathryn Ensey, soprano, gave a song recital at the Slater school Thursday afternoon, assisted by Lewis Newsum, baritone, and Miss Claire Oakes, pianist...

The Aeolian Male chorus, meeting every Saturday evening and directed by Joseph A. Finley, will appear in concert soon and will sing in the May Music Festival...

Mrs. Charles Ringler, Miss Marie Rodgers, and Mrs. Charles L. Wheeler, are new members of the Laurelhurst Ladies' Chorus...

L. A. Dillon will be the special soloist in the concert at the Slater Presbyterian church...

The ostrich always approaches its nest by a devious path, the idea being to conceal the location from observation...

Use of Fruits for Food

By Mary Lee.

We seldom realize, unless we have travelled much, how thankful we should be for the abundance of fruit in our markets...

English peaches and Hamburg grapes are marvellous, but so is their cost for these exceptional advantages...

At all times our markets are full of fruit, and the prices are moderate, yet of these exceptional advantages...

A delicious fruit salad, which is a very good dessert, can be made for luncheon, can be made of apples and dates...

For four persons use two apples and a dozen dates. Pare, quarter and core the apples, then cut the quarters in small pieces of uniform size...

A quarter of a box of gelatine, a quarter of a cup of boiling water, one cup of lemon juice, whites of three eggs...

To one pint of sweetened ice-cold apple sauce add the whites of two eggs and the beaten whites of two eggs...

Mix two cups of grated cocoanut with one cup of powdered sugar and the beaten whites of two eggs...

Dr. P. L. Loveland delivered an address Friday evening on "Templarianism" before the Knights Templar of Oregon Commandary No. 1...

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INTERESTING ENGLISHWOMEN IN U. S.



of the interests of women and the cause of international peace, two of England's most talked of women are now in the United States delivering lectures. Mrs. Havelock Ellis (at the left), the noted authoress, is speaking in the interests of international peace by means of education...

beat well again, then add a cup of boiling milk and the juice of a lemon. Beat again and serve.

One cup of sugar and three tablespoons of butter cream mixed with one cup of mashed potatoes...

Miss Marie H. S.—You have an emotional, sensitive, loveable disposition and are inclined to make sacrifices for others...

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Sane Clothes for Girls Commended

Idea of Physical Education Expert

No girl under the age of 17 or 18 years should be permitted to wear corsets.

Nor should she be allowed to encase her feet in the ultra modern shoes with their high French heels that makes walking a torture instead of healthful exercise.

Neither should she take the advice of one Thomas Edison regarding a literal wink. Nine hours sleep are not too much for any growing girl or woman.

These are but a few bits of advice laid down by William A. Stecher, under whose supervising eye the physical education of thousands of Philadelphia public school girls passes.

"The modern girl can't walk as much as she ought to," he continued, "because of the shoes that are now on the market. I hear that it is really difficult to buy a sensible shoe on account of the pad for French heels and padded toes, but it seems to me if women had the period of her full development, which is usually around the 17th or 18th year, after that it doesn't matter much, because she has given her body a good start."

"Five miles a day is not too much for a woman to walk, and I don't doubt if under modern economic conditions she could spare the time to give out to her exercise. It takes the average woman one and one-half hours to walk that distance, and where is the woman who can spare that?"

"The day of strenuous athletics for women, when in the first flush of the discovery that exercise was really beneficial to the so-called weaker sex instructors were apt to put women through the same rigorous gymnastics as men, is fortunately a thing of the past."

By Carlton Ten Eyck. The days of the windjammers are coming back. Once again the four-masted and the smaller sailing crafts are ploughing the bounding main of trans-Atlantic routes...

South street is humming with the biggest boom that the sailing industry has known since the steam tram gained control of the high seas.

Within a week the steam charters were closed for six schooners in Canada and in the United States. They are filling their holds with lumber and coal and are en route for the east coast of Ireland, the west coast of England with the rates twice as much as ever before.

By Spring the American sailing coastline trade may be abandoned by schooners whose fullness of years prevents their staving in the deep sea trade.

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