Fashion Decrees Picturesque Garb

By Margaret Mason.

Will you dress yourself like a little
Bopeep
And copy her getup exclusive of sheep,
Or will you, perforce, dress like sweet
Lorna Doone.
In tight silken bodice and buckled silk or panniered, powdered, colonial dame in petticoat quilted—will you don the

Now these aren't suggestions for some costome ball.

But latest spring fashions for one and These period presses for nineteen fif-Are simply the last word of fashion, I ween.

New York, Feb. 27.—The Fifth avenue shop windows all doiled up in their spring models look like nothing in the world so much as the display windows of those funny little costume shops that hire out the trappings of a dashing cavaller, a Louis Quinze court lady, Spanisa senorita or a ballet sprite for a night of carnival or masque. Positively one little model of azure lik blooming in pink roses has a tight bedice of the silk inced in front with a silken cord and deep pannie; s edged with silken quilling and caugh; up over a short petticoat of silk lace and net with single pink roses. It is exactly such an appropriate costume as little Bopeep always wears to tend her sheep between the covers of an edition de lux of Mother Goore.

In this instance little Bopeep has found her sheep in the throng of modern maids and matrons who follow the fashions like a pack of silly sheep and will don this stage like creation with perfect sangfroid for present day wear.

Another creation in fustrous twilled silk in a soft old blue tone has a quaint tight boned bodice that hooks up the front and is worn over the full ankle length skirt with a sort of peplum effect of square tabs in the wall of Troy design such as Lorna Doone is always

These tabs are outlined in narrow flat gold brain, as is also the square low cut neck and the edges of the tight elbow sleeves which are also cut in the tab effect of the wall of Troy. Folds of gold colored silk net fills in the low cut bodice and forms full undersleeves down to the wrists.

Dolly Varden herself could not have found more fitting attire than the flowered frock of pink taffeta, but with the tight bodice the full overskirt looped up with black velvet loveknots over a pleated petticout of plain pink taffeta and a fiche or kerchief of finest lack edged net about the neck.

The tight fitting boned bodice laced down the front in peasant fashion vie with the short empire walsts for supremacy, but even with the short waist. lines the accompanying skirts are always voluminously full, and in many up overskirts and pannier effects are simply an evolution of the long straight Russian tunic catching up itself with garlands and bows and incidentally eatching up with the insatiable fash-ionable desire for something different. As it does every spring taffeta is flaunting its soft, yet crisp, folds in all the smartest frocks, and especials In those funciful period styles is it Batten, at the Grace M. E. church Frimost usable.

The hats to be worn with the period Flapping shepherdess leanodding ostric's plumes and tied under dimpled chins with ribbons of satin of velvet, like La Tesca wears when sh. trills her first act top notes.

You sec, in leseribing these new old styles one inevitably gets back for comparison to some levely lady of otaer days; so the best way to pick your spring wardrobe is to pick your favor-Ite heroine of history or early fiction and fit her garments, if not her personality, to yourself. Be judicious in your choice, however, we pray, portly Mrs. Porkpacker, picking Cleo, atra as her sartorial model of Miss Prudence Strong decking herself as little Dopeep might prove a bit unsatisfactory.

With the women going in for these picturesque togs just what are the mere men going to do about it? Wil they be content to spoil the picture in their present day unpoetle and sordie attire, or will they leap gladly at the chance to gratify that desire for per sonal adornment in every man's heart and take to small clothes, frills, ruf-

IN REALM OF MUSIC

(Continued From Preceding Page.) the Albina W. C. T. U. to the Parent-Teacher association of the Shaver school last week, and was very cordially received. She responded to an encore, using "Somewhere a Voice Is Calling" (Tate). Miss Orlena Wollett accompanied.

Ted W. Bacon's First Christian weeks, church orchestra took part in an en-tertainment given to the delegates of the Sunday school convention in ses-Centenary Methodist church, at East student under Mrs. Josephine S. Bush. Ninth and Pine streets, Thursday evening.

Harry Scougall and Harry Williams, pupils of Aaron H. Currier, sang at the Credit Men's banquet last Wednesday evening, at the Multnomah hotel, at the Progressive Business Men's luncheon Thursday at the Multnomah hotel and Saturday evening in a concert at the Mann home.

A young singer who is attracting attention by her beautiful colorature work is Miss Laura Wilkins, Her singing of the waltz song, "April Morn," b

mega Cold in Head and Catarrh

Put a teaspoonful of Omega Oil in a cup of boiling water, then inhale the of the nose and throat. This simple treatment usually gives quick relief.

HEROINE OF WAR ROMANCE SAILS FOR FRANCE



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

were put into communication and re-

visit after the war, but she decided

FRATERNAL NOTES

Will Visit Here Soon.

in this city are preparing for the ex-

of Hon. S. S. Tanner, a member of the

mittee of arrangements is headed by

Speaks on Templarism.

Dr. F. L. Loveland delivered an ad-

fress Friday evening on "Templarism"

before the Knights Templar of Oregon

Commandary No. 1 that was attended

by a large number of members of the

order in this city, and their wives and

daughters. Master Masons and their

There were refreshments served after

Struggling Over Amendments.

ica, are struggling over proposed

made to allow \$10 a week to be paid

benefits. At the meeting next Tuesday

Will Rold Initiation.

Running Own Contest.

Rose Club to Meet.

Neighbors of America, Oregon Rose

East Eighth street North, at the res-

Takes Up Work Again.

Enthusiastic Bustler.

District Deputy T. H. Carroll suc-

ceeds John H. Starr in charge of the

W. A. of this state. He has resigned

the order in Eugene and an enthusias-

Delaware is taking steps to abolish

tic hustler.

Howard Palmer, an old time hustler

idence of Mrs. C. McGillivany.

a banquet and speaches.

where so desired without any other

Court Mt. Hood, Foresters of Amer-

a musical and literary program.

bett, of St Johns.

New York, Feb. 27 .- Soon after the the kit brought him, and informed the Lafayette fund sent out its appeal for Lafayette fund people here in New money to be used in purchasing kits instances actually held out with a bit for soldiers in the French trenches, of boneing around the hem. The draped \$2 was received in an envelope from Miss Adele Leuville of Plaquemine, newed their acquaintance by mail. La. The kit that was forwarded cou- Dubois promised to make the lady a taining Miss Leuville's name as the contributor fell to Maurice Dubois of not to walt. Instead, she sailed rethe Sixth cavalry of the Fourth cently to join the Red Cross nurses | French army corps. Dubois expressed his thanks for the comfortable things | to meet Dubois.

> day night was very much enjoyed by the large crowd present.

recitals to be given at the Dental col horns, rose wreathed and adorned with lege under the direction of J. William black velvet streamers, tiny close fit- Belcher will take place next Friday ting Victorian bonnets and large leg- evening. The Glee club will sing; also horn poke bonnets, trimmed high in the Wednesday Women's chorus, besides a number of soloists. * * *

> On Monday evening a very enjoythe concert was given at Jefferson, the "Modern Woodman Magazine," the Oregon, by Charles O. Hargrave, planist, of Portland. The program consisted of Chopin, Listz, MacDowell, J. W. Simmons, state manager, as-Mendelssohn and Schubert numbers.

> Miss Genevieve Fisher was solois Grath and C. C. Hood, of Oregon Fir Methodist Episcopal church, and re W. S. Slater, of Alberta Camp; George ceived many compliments for her sing- Dearlove and J. S. Hudnut, of Univering of Buck's "My Redeemer and My sity Park; C. R. Chadwick and Ed Cor-

Arthur Harbaugh made a splendid upression in his singing Monday night for the patriotic concert at the Madeleine church, On March 13 he wall sing he beautiful solo from Rossini's "Stabat Mater," "Cujus Animam." * * *

Miss Christine Denholm, one of the soloists at the recent entertainment wives were guests of the Commandary. given by the ladies auxiliary of Clan Macleay, sang "My Lassie," (Newton), most effectively. Mrs. Rose Coursen-Reed accompanied Miss Denholm.

On account of preparations being made for the Lenten concert, the reg- amendments to the by-laws. The court clar meeting of the Monday Musical how pays \$7 a week sick benefits, and club of Monday, March 1, has been in addition also furnishes physician postponed. Announcements will be and medicines. An effort is being

"Lucia de Lammermoor" will be the subject of Dr Shaw's lecture next Fri-day evening at 507 Tilford building. measures will be thoroughly gone over. A conflict of dates prevents giving he course at the Y. M. C. A. for a few

olst at the Friday night meeting of The program was much enjoyed by the initiatory ceremonies there will be lationship as well as health, all those present.

Miss Monnie Fay sang successfully at a Washington's birthday party. given at the First Presbyterian church Feb. 19, accompanied by Mrs. Jessie

Thursday afternoon, assisted by Lewis
Newsom, baritone, and Miss Claire a large class soon. Oakes, planist. The Acolian Male chorus, meeting

very Saturday evening and directed by Joseph A. Finley, will appear in Camp, will hold the regular monthly oncert soon and will sing in the May Music Festival. * * * Mrs. Charles Ringler, Miss Marie

Rodgers, and Mrs. Charles L. Wheeler, ire new members of the Laurelhurst for the M. W. A., has taken up the Ladies' Chorus, Mrs. Rose Coursenwork again and has gone from The Reed, director. Dalles to Bend to get up a class for that camp. He got 12 applications

L. A. Dillon will be the special solost this morning at the Marshall Street the first week. Presbyterian church. This evening he will sing at the First Congregational hurch, Vancouver.

Miss Mabelle Holmes sang a soorano solo, "Hold Thou My Hang," by Briggs, at the Y. W. C. A. Sunday afternoon at Vesper services.

School of Music. Staff of Teachers. Oregon Conservatory. 141 13th. Adv.

The ostrich always approaches its the whipping post. It is the last nest by a devious path, the idea being to conceal the location from observa-which taught vengeance instead of reformation of criminals.

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 of excellent quality and low price. The European fruit seems puny and meager to the American. The plentiful oranges of Italy are sweet, but they are half the size of our California fruit-and the bananas and apples will not stand any comparison whatever.
French and English strawberries far.

surpass our own and their melons are delicious, but most of their fruit is far below ours, and the prices are ex-

English peaches and Hamburg grapes are marvellous, but so is their cost, and for an equal price we may duplicate them in our own country. The tropics, of course, produce in certain places an abundance of fine fruit, and many countries have their specialties that surpass others of the same variety, but for a general average of luscious fruit, apples, berries. bananas, oranges, lemons, grapes, melons, pineapples, cocoanuts, etc., in-ported or produced at home, American narkets lead those of European coun-

At all times our markets are full of fruit, and the prices are moderate, yet of these exceptional advantages we are not usually cognizant. And while an abundance of fruit is always to be found in the houses of the well-to-do, we do not as a nation make much use of fruit as a staple article of food, but regard it rather as an

Any physician will tell you the value of a liberal use of fruit in your diet. A free and plentiful use of diet. A free and plentiful use of fruit will often cure constipation, and it is of the greatest benefit in the diet of children. There are innumerable ways of using fruit in your daily nenus besides the fresh fruit eaten for breakfast and dessert.

Dates and stewed prunes cooked in he morning cereal, baked bananas used garnish meat dishes, fruit salads, reads made with raisins, figs and various fruit desserts are all economial ways of introducing more fruit into the menus. The next article will be devoted to special fruit recipes.

Ways to Use Fruit. uncheon, can be made of apples and

For four persons use two apples and yet not what you would wish for, as a dozen dates. Pare, quarter, and a reflection of past troubles linger. ore the apples, then cut the quarters Yet ahead, say in three or four years, mix a little lemon juice through the you. The child is a natural leader, apple to keep it from discoloring. The Outside of minor disturbances with They should then position. Win his confidence through be mixed with the apple and the whole diplomatic methods. seasoned with a fourth teaspoonful York that he went to school in Nancy each of salt and paprika and dressed the heart have been and are apparwith an Adele Leuville when he was with mayonaise dressing. Serve in ent, with disturbances therewith. The 12 and she was 11 years old. The two lettuce leaves.

> A quarter of a box of gelatine, a health or worse to older persons. nuarter of a cup of boiling water, one Guard the nervous system yourself. lemon juice, whites of three eggs, one apparent in the sense of domestic is-

Pineapple Snow Pudding.

sugar). Soak the gelatine in the cold than real troubles. Undoubtedly lemon and bake for 20 minutes. water until soft; then dissolve in the boiling water; add the sugar and lemon Newton—The party has some ver Modern Woodmen Prepare to Enthicken, pour it slowly over the whites and beat together until very light. Then stir in the pineapple. The Modern Woodmen of America a mold and set on ice. Serve surrounded with whipped cream flavored

pected visit in the latter part of April with orange juice. Head Camp Board of Directors, and F. one pint of sweetened ice-cold O. VanGalder, for i5 years editor of apple sauce add the whites of two eggs | Yes. beaten to a stiff froth; add two heapofficial organ of the order. The coming tablespoonfuls of powdered sugar;

beat all together and serve ice cold

sisted by J. P. Vollmar and C. W. Mea- with cream. dows, of Rose City Camp; H. F. Mc- Bordered Fruit.

Mix a quarter of a cup of cornstarch last Sunday evening at the Epworth Camp; George McAfee, Fred Graap and with enough cold water to make it smooth. Pour over it one cup of boiling water and cook for five minutes. Add one-quarter cup of sugar, the juice of half a lemon and cook one minute; then stir in the stiffly beaten whites of two eggs. When well mixed pour into a circular mould and set away When ready to serve invert the mould on a large flat dish, fill the center of the snow ring with cut up sweetened fruit, and garnish with a little whipped cream. Cocoanut Puffs.

> Mix two cups of grated cocoanut with one cup of powdered sugar and the beaten whites of two eggs, add two tablespoonfuls of flour, shape into little pyramids, put on buttered tins, and bake in a quick oven.

YOUR HOROSCOPE

By W. F. Adams. (Adams Astrological School),

L. S. M., Pauline, Rudolph-You failed to state the date of the month born. Dot .- You have an attractive person-

ality and a good disposition, but are perhaps, too sensitive, and too easily Tuesday evening the degree tean? imposed upon. You should follow a and officers of Oregon Fir Camp, M. musical career, but it is a question if Leslie LeRoy Comer was piano so- W. A., will be the guests of Univer- you do. There probably will be two sity Camp at I. O. O. F. hall. Univer- marriages if married young. You have sion. The program was given at the the Bach club. He is now a normal sity Park, and will help lead a class an intense nature but somewhat of "tenderfoots" to the campfire. After changeable. Exercise care in this re-A Reader.-You are too sensitive,

yet you will overcome this, as you have a strong character. You are a J. Velarde, secretary of Temple young lady of excellent possibilities lodge, A. O. U. W., of The Dalles, and prospects. I question if you marry writes to the grand recorder that he early. You would succeed well as a needs application blanks for the cam- teacher or writer.

A Missourian.—It is difficult to ad-vise what to take up to better your for as long as the new berries last no and 28. paign on there for more members. That a song recital at the Sellwood school test all by itself, and proposes to have prospects, for the reason that it is one will look at dried fruits again vironments and adjust them to new will make extremely good desserts. ventures. You are sufted to manage public in a large sense. You would atable. Chop one half pound of beef lasting peace be secured? your own business and deal with the The Rose Social club of the Royal make a splendid nurse, you have a great love for music, and make friends one half pound of figs chopped fine, meeting Thursday afternoon, 1000 easily, especially those of value.

> home, are apparent. They can be adjusted, as many favorable sides to both persons' prospects appear. Yet powder and a little flour, mix well tochanges are apparent this year; at gether and steam for three hours. least, many unsettled factors appear. The months of March, June, September and December will be important. Henie-I do not know, as I would

prefer to compare his with yours; yet you have a strong horoscope for lon-Woodsman-Your affairs appear southern Oregon district for the M. better at 32.

add one half a cup of molasses and Mrs. M. J. M .- This year appears to to engage in private business. Mr. be quite important, in the sense that Carroll is a well known worker for important changes and moves appear salt; pour this mixture over one -and successful in spite of any oppo- pound sition that appears. Delays and some withal gains to you. Mrs. A. G. Parsons-Unless it be a

of dates stoned and cut into pieces; steam for two hours in a covdisappointments are apparent, yet ered mold and serve with a foamy sauce. little sea-sickness, I foresee no ill ef- Poamy Sauce. fects. You wish to go, and I see no. Beat until foamy the whites of two reason why you should deny your eggs, add a cup of powdered sugar and tificates, have failed as teachers.

A delicious fruit salad, which is a self this pleasure. You are inclined beat well again, then add a cup of very good substitute for desert at a to subordinate yourself to others, and boiling milk and the juice of a lemon. Beat again and serve. Mother and Son-Somewhat better: Rice Tutti-Prutti

LACK OF STEAMSHIPS

GIVES SAILING CRAFT

Coming Back.

port in a storm.

the "third house" has more names on Atlantic routes, and are booming

tion thought it would scare off ada and in the United States. They are

lobbyists, a mistake was made. Never filling their holds with lumber and

frankness imposed by the resolution England with the rates twice as muc-

the close.

its roll than the combined member- again in the South American trade,

RENEWED IMPORTANCE

By Carlton Ten Eyck.

Within a week, deep sea charters

were closed for six schooners in Can-

Shippers are glad to pay \$7.50 a ton

The schooner Kenwood sailed for

say shipping men, until the war is

The United States, in 1913, produced

UNSIGHTLY PIMPLES

ALL OVER FACE

Burning and Itching. Caused Much

over my face. The breaking out was un-

and Ointment. I used two cakes of Cuticura

Soap and a box of Cuticura Ointment, and

which irritated the pimples.

Loss of Sleep. Broke Out Over

Body Also. Two Cakes Cuticura

over, and perhaps a long time after

221,757 tons of explosives.

monarchies with votes for all before permanent peace can be assured."

In the interests of votes for 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, and

Miss Cristobel Pankhurst ((at the right), daughter of Mrs. Emmeline Pankhurst, for votes for

women as a preventive against future wars. "Equal suffrage will follow the war in England,"

says Miss Pankhurst, "but some democratic form of government must be installed in absolute

INTERESTING ENGLISHWOMEN IN U.S.

To half a cup of cooked rice add one oup of cream whipped to a stiff froth chop six figs, six candied cherries, in small pieces of uniform size and far better aspects appear to release little preserved ginger and a little sliced citron; heat half a box of gelatine that has been previously soaked dates should be scalded and, when health, he shows good prospects in half a cup of cold water, stir unticream half a cup of sugar, the chopped fruit and strained gelatine; thoroughly, turn into a mold and set it in a cold place. Serve with sweet- Days of Windjammers on the ened whipped cream.

Lemon Pudding. One cup of sugar and three table spoons of butter creamed together, on cup of sugar, a quarter of a cup of B. C. D.-Changes in your affairs are cup of mashed potatoes mixed with one half a cup of cream, two eggs and cupful of chopped sliced pineapple sues involving your affections, the the juice and rind of one lemon; add tinned or fresh—if the fresh pine is health being a factor as well. Nothing used it should be sweetened well with of a serious nature, more annoyances and butter, last add the eggs and sugar the control of the sugar and butter.

ship of both houses of the legislature.

If the sponsors of the register reso-

has there been so many representa-

than ever. The resolution has led to

better understanding of the lobby-

has made the lobby more respectable as ever before.

terests are represented, and by the as port fees,

juice. Stir until the sugar and lemon evil angles that tend to restrict his strain and set in ice water to cool. offers the health is affected Lobby Outnumbers strain and set in ice water to cool.

Beat the whites of the eggs to a stiff froth. When the gelatine begins to portant and I advise caucht for the thicker rought slowly over the whites. coming two years. The child has a very excellent chart for future pros-"Third House" of the Lone Star State through winter gales where before he pects; has an exceptional engaging per-Has More Than 300 Members Regissonality; a little overly sensitive; will mature mentally young and incline to the association of older people. An un Austin, Texas. Feb. 27.-The regisdoubted artistic trend of mind appears. R. R .- Very good for you this year. over 300 names. A rule adopted at the war has tied up hig freighters in opening of the current session re- every port, and the supply of steam

The child is a natural leader.

Miss Daphne Gulliford-Affairs of

marriage relationship is probable. There are further indications of ill-

have all of your long life.

Miss Marie H. S .- You have an emo tional, sensitive, loveable disposition and are inclined to make sacrifices for others. You should choose a public career; excelling in musical pursuits

or nursing. Miss H. O. M.—The prospects of marriage are apparent. Much mobility in your affairs, some illness threatening and annoyances arising with close friendships. Guard excesses and extravagances.

Harry J .- A very decided character is apparent, one to whom success will come through forceful and energetic activities. A question arises in con nection with your affairs of the heart as being entirely satisfactory. You incline to older persons, both men and women. Improvement appears in this relationship as well as business this

old timers. The labor lobby is large M. A. P. and G. W. P .- Disturbances appear in your affairs affecting health lobby stated opposite his name that back a cargo of sugar on which and finances of yourself and husiness relationships. Changes of place are he is serving "without compensation." Representatives of good roads asso- pounds for freight. apparent. To older relatives much ciations and charitable institutions are trouble over health threatens. opposed to serve without pay other

M. G.—You have evidently an exthan for expenses, but attorneys for schooners whose fullness of years ceptionally bright mind and excellent the public service corporations and vents their sharing in the deep judgment, although this may not always be appreciated. You are one of high ideals and endeavors, a person with splendid control over yourself. Feace Forces to and while positive and out-spoken, you are inclined to handle arbitrary issues

By Mary Lee.

A fruit pudding offers to the house

keeper not only an excellent way of

using fruit in the daily diet, but

also a very economical dessert. Be-

suet very fine and rub it to a cream,

When cooked serve with the following

volks separately until very light, add

add one teaspoonful of brandy

Steamed Date Pudding.

sherry.

one cupful of sugar, beat again and

To two cups of entire wheat flour

Urge War's Close FRUIT PUDDINGS

Emergency Federation Organized in December Will Meet in Chicago Next Saturday and Sunday. Chicago, Feb. 27 .- To secure a ces

"the laborer is worthy his hire."

sation of hostilities, to ensure such terms of settlement as will prevent this war from being but the preludto new wars, and to place the future fore the fresh fruits and berries of peace of the world upon securer founthe spring and summer come into sea- dations-these are the far reaching son, it is a good plan to use the dried purposes of the Emergency Federation fruits and the fruits that we have of Peace Forces, which will hold with us always as much as possible, gathering in Chicago on February 2 In a call for this meeting, sent to

with proper preparation these all parts of the country, the following questions are asked: What can Amer-Here is a boiled fig pudding that is ica do to stop the war? What shall exceedingly healthful as well as pal-It is an endeavor to solve these

questions that the meeting which is two heaping cups of stale bread to be a national congress of all per-G. L. R.—Disturbance in domestic crumbs; mlx with one half cup of sons interested in securing peace, and affairs, or at least affairs involving milk two well beaten eggs, one cupful not only for members of the Emerof sugar, one half teaspoonful of salt, gency Federation alone, has one and a half teaspoonfuls of baking called. Nationally known speakers will address the gatherings.

When cooked serve with the following sauce: Two eggs, beat the whites and Fraud Is Charged Against Teachers Twenty Indictments Returned by

Grand Judges That Investigated Procurement of Certificates. Charleston, W. Va., Feb. 27,-Grand

one half a teaspoon of bicarbonate of soda; one cup of milk, and a pinch of juries in Mingo, Wayne and Jackson counties have returned 20 indictments against school teachers charging fraud in the procuring of certificates. It is believed the trials of the case will solve the mystery of why a great

number of teachers in the three coun

ties who have secured high grade cer-

Sane Clothes for Girls Commended Ideas of Physical Education

Expert No girl under the age of 17 or 18

years should be permitted to wear cor-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 40 winks. Nine hours' sleep are not too much for any growing girl

or woman. Eight hours are positively

These are but a few bits of advice laid down by William A. Stecher, under whose supervising eye the physcal education of thousands of Philadelphia public school girls passes, which, if carried out, would be responsible for a type of American womanhood that would make the much vaunted ancient Greek ideal look sorry

Loose Clothes Are Same.

"The modern fashion of wearing clothes loose is an eminently same one," says Mr. Stecher in the Philadelphia Public Ledger, "and I feel sure, though I have no statistics, that the number of girls who do foolish things in imitation of their elders, like lacing themselves with stays, is infinitely smaller today than it was some years ago. However, no girl should be allowed to wear a corset until she has attained the period of her full developnent, which is usually around the 17th or 18th year. After that It doesn't matter much, because she has given her body a chancee,

"The modern girl can't walk as much as she ought to," he continued. because of the shoes that are now op the market. I hear that it is really difficult to buy a sensible shoe on account of the fad for French heels and pointed toes, but it seems to me if women made an insistent demand for sane shoes the shopkeepers would

pretty soon supply them.
"Five miles a day is not too much for any woman to walk, and yet. I doubt if under modern economic conditions she could spare the time to give to this 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 fact is we've got the streetcar habit bad, and think nothing of hop-

thereby? A minute, perhaps, And what do we do with that minute after we've saved it? Waste it, probably." Day of Strenuous Athletics Passed. 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

ping on a car to go a distance of four or five blocks. What have we gained

Atlantic Are Said to Be ing to Mr. Stecher, and we have now arrived at a more rational era. "Athletics for men and women were never meant to be conducted along the same lines," he said, "although there are many games and exercises, such as running, swimming, hockey, New York, Feb. 27 .- The days of the golf, tennis and dancing that are com mon to both. Games like football and indjammers are coming back. Once again the four-masters and the smaller fighting and striking are, on the conthose which involve the principles of sailing crafts are ploughing the bound-ing main of trans-Atlantic routes, with Girls were not built for them, nor good cargoes in their holds and gold have they the mental interest in them Texas Legislators deep water saflor is a man again, to successful physical exercise. You bound for the old ports, with a man's can't get away from heredity, even in clinking in the captain's chests. The which is a necessary accompaniment

job ahead of him in sailing a schooner | physical education. The good old-fashioned jumping hugged the coast line and took any old rope, which some conservative people regard as too tomboyish for the fe-South street is humming with the male youngsters of the household, is biggest boom that the sailing industry among the most healthful and tonic ter of the "third house." or lobby, in has known since the steam tramp sports for them to indulge in, Mr. the state legislature today contained gained control of the high seas. The Stecher believes.

A 20 ton bell at the Church of the quired all representatives of special driven bottoms is exhausted. It is Sacred Heart, in Paris, is tolled by interests coming to Austin to lobby now the windjammers turn. The forebefore either branch to register. Now and aft sails are reappearing on trans- mechanism.

CATARRH TRUTH

coal and cement, bound for the east Told in a Simple Way tives of special interests here and the coast of Ireland, the west coast of No Apparatus, Inhalers, Salves, Lotions, Harmful Drugs, on coal cargoes from New York to

ists' function, the constitutional right | Buenos Ayres, and the sailing vessels Smoke or Electricity they claim to give their side of any are signing contracts galore to deliver, the shipper even agreeing to pay load Of course, all big public service in- ing and discharging charges, as well Heals Day and Night

Occasionally a member of the Cuba the other day, and she will bring It is a new way. It is something absolutely different, No lotions, sprays shippers paid 20 cents a hundred or sickly smelling salves or creams No atomizer, or any apparatus of any kind. Nothing to smoke or inhale, No By spring the American salling steaming or rubbing or injections. No electricity or vibration or massage. coastwise trade may be abandoned by schooners whose fullness of years pre-No powder; no plasters; no keeping in the house. Nothing of that kind at common carriers openly admit that trade. And the condition will last,



omething deligntful and Body Also. Two Cakes Cuticura something delightful and healthful. You do not have to wait, and linger and pay out a lot of money. You can stop it overnight—and I will gladly tell you how—FREE. I am not a doctor and this is not a so-called doctor's prescription—but I am cured and my friends are cured, and you can be cured. Your suffering will stop at cured. Your suffering will stop at months ago I was troubled with pimples all | cured. once like magic.

sightly and the burning and I Am Free — You Can Be Free

which irritated the pimples.

They caused me to lose much sleep for they itched all night long. They disfigured me while they lasted. My face was very sore. The pimples then broke out all over my body also. My clothes felt uncomfortable.

They caused me to lose much scinic. It made me ill. It dulled my mind, it undermined my health and was weakening loy will. The bawking, coughing, spitting made me obnaxious to all, and my fourities and disgosting habits made even my loyed cness avoid me secretly. My delight in life was dulled and my faculties impaired, knew that in time it would bring me to an intimely grave, because every moment of the day and night it was slowly vet surely samples. "One day I heard about Cuticura Soap day and night it was slowly yet surely my vitality." But I found a cure, and I am ready to tell you about it FREE. Write me promptly.

In the care of baby's skin and hair, Cuticura Soap is the mother's favorite. Its gentle emollient properties are usually sufficient to allay minor irritations and promote skin and hair health generally.

Sample Each Free by Mail

With 32-p. Skin Book on request. Address post-card "Cuticura, Dept. T. Booton." Sold throughout the world.

Seed no money. Just pour name and address on a postal card, Sayt. "Dear Sam katz: Please tell me how you cured your entert and how I can core mine." That's call you need to say, I will understand, and I will write to you with complete information. FREE, at once. Do not delay, Send postal card or write me a letter today. Don't think of turning this page until you have asked for this wonderful treatment that can do for you what it has done for me.

Sold throughout the world.

was healed, and not a scar was left." RISK JUST ONE CENT (Signed) Carlyle C. Bryan, October 30, '14.