Club Activities

VELLA WINNER

is being built this year to accommodate parent and teacher, consisting of music. study clubs and a new \$25,000 building the increasing attendance. Amount of \$639; expensé, \$501; balance, \$38.

The Sunshine society of Ashland was of a systematic effort to utilize the waste of Ashland and place where it would be used to bring cheer and happiness. Its activities are not confined o food and clothing, but includes visits anything that will bring sunshine to rendered: the lives of others.

Money is raised by annual donations

No. of visits, 432; No. of boquets, 240; No. of garments, 576. ceries, fuel, bedding and literature are ki), "La Cinquaintain" (Gabriel Maxgiven away.

amount of money paid out, \$390; bal- lett), Marguerite Dake. ance, \$25.

The national motto: "Good Cheer." Our own motto: "Make everyone happier for having known you."

Civio Improvement Club. - The Ladies' Civic Improvement club is all the name implies. They are a body of women, wide awake and alert on any question of city betterment. During the past year they have incorporated so they may hold property, and a woman's clubhouse is a live question with them. They are good boosters for trade at home problems and held a dinner serving Oregon products. They cooperate with the Commercial club in entertaining visitors and on any public enterprise where their influence was needed. A half of a carload of old papers were gathered, which add a good sum to the treasury. The live subject at the present time is the high cost of living. Papers, lectures and demonstrations are being given at each meeting on the foods of economical value. The club gave \$10 to the band, per month, also a playground directress \$50 a month for three months. There is a good attendance and each meeting is followed by light refreshments and social hour. Amount of money raised, \$297; amount of money expended, \$220; balance, \$57.

The Ladies' Auxiliary Club. - The Ladies' Auxiliary club of the Ladies' Civic Improvement club is composed of young women who organized to emphasize social life of Ashland. They have finely equipped rooms at an expense of \$400, which they generously donate the use of when needed. During the last year they have taken up sewing and physical culture for their members and at each meeting have a literary program, light refreshments and a social. They donate money to the band, playbalance on hand, \$134.

Parent-Teacher Circles. - There are

BY VALESKA SURATT.

eisters have wasted time, unconsciously of course, trying to do things which could be easily accomplished but

istead of the water and alcohol, all pint of bay rum. This make that I call my little hair marvel.

provided you use the right materials.

am giving you a secret here which
i might say, has meant a fortune to
many a friend. It has the wonderful power of making the skin plump

ful power of making the skin plump and youthful. Wrinkles are therefore bound to go. It makes the skin vigorous and fresh. You will posi-

vigorous and fresh. You will posi-tively get the same results as any one else has. Try it and you will see. Mix this yourself. Get two ounces of eptol at the drug store. To this add one tablespoonful of glycerine and half a pint of water. This makes the oream. Use it very freely every day and I'll warrant your friends will quickly see the change in you.

. . .

OU know what the post said, "I

wasted time, and now doth time waste me!" Thousands of my

Anderson. The programs are being directed along lines of mutual interest to served. papers, addresses. Refreshments and social half hour closes the afternoon. oney raised during the past year, They hold joint meetings at the high school and an occasional evening, one at which there is a good attendance of organized 12 years ago for the purpose the fathers. More and more interest is manifest in the work, which is destined to revolutionize child life.

Shattuck Hears Becital.—The meeting of the Shattuck Parent-Teacher asshutins, assisting in the care of sick, sociation, held. Thursday afternoon operating with state, county and city was in the nature of a recital given by officials in the protection and care of the pupils of Miss Marie M. Chapman women and children, find work, in fact at which the following program, was rendered: "Humoresque" (Dvorak), Perceville Gates and Donald Updike: "Gondolier" (Nevin), "Barchetta" (Neof Masons and Elks, benevolent citi-zens, society earnings and dues.
Report for the year follows:

Vin), Catherine Kelly; "Narcissus" (Neyin), Donald Updike; solo dance, Helen Dietrick; "Lilacs" (Kern), 'Lullaby," Olive Updike; "Eleanor" (Severn). Perceville Gates; solo (selected) Large quantities of fruits (canned Miss Dagmar Kelly, accompanist, Miss and fresh), jellies, vegetables, gro- Ruth Zanello; "Adoration" (Borwos-

Anna Meagher; "Madridina" Amount of money received, \$415; (Wachs), "Polka de la Reine" (Bart-

Much interest was evidenced in little Olive Updike, who though but 5 years of age, played two violin solos chase western-grown and western-without notes and later in the program sang. A feature of the meeting was the exhibit of bird houses made by the boys of the school. The side of the assembly room had been converted into little forests for the best bird The first prize of \$3 was divided among three of the contestants, Herbert McMahon, William Hang and Van Bailey. The second prize of \$2 was taken by Virgil Harris. In all 280 bird houses were made and those receiving honorable mention Philip Peck. Burman Shalin, David Friedman, Willie Tue, Jake Swerdike, Philip Silver George Curtis Terrance Martin and Charles Lundy,

Montessori Association .- An important announcement was made at the business meeting of the Montessori association last Tuesday evening, re. Which Know Thy Law" (Rogers): course to be given in Los Angeles during June, July and August, under the We Pray" (Bach-Gounod); tenor solo auspices of Mme. Montessori. The children between 6 and 10 years of East Twentyfourth street north, Mrs. baritone; Leonora Fisher Whipp, ac-Willis Hargreaves gave an explana-tion of the causes and a general de-scription of ocean currents. C. M. White described the Atlantic currents, their effect upon the coasts and their influence on civilization. Mrs. C. H. Farrington outlined the courses of the the Emerson study circle. "Prudence" the vegetation ond animal life carried thither by these rivers in the ocean. Herbert Smith read several very interesting selections from the "Jour-Willis Hargreaves' talk on Edison. ground and to charity. Their meetings which he had prepared for a former much pleasure to all present. This good club home for young women de- next meeting of the association will be siring social life. Amount raised dur- held Monday evening, April 9, with and Main street. ing past year, \$350; expenditures, 216; Mrs. F. E. Weeks, 435 East Twentythird street north

Mrs. Tuttle at Hood River, two parent-teacher circles in Ashland, Wednesday evening at the Library hall One meets on the first Monday and the of Hood River, a lecture on Japanese other the third Tuesday in each month. art by Mrs. R. M. Tuttle of Portland The work of both is largely cooperative was given to the Hood River Woman's women spent some time in fancy work with peas and potatoes in some form with the school faculty in equipping club and its friends. In spite of the women spent some time in laney work and social conversation and light renow have under way a sweet pea show the hall, which had been tastefully for school children; prizes are to be decorated for the occasion with lan-of "America." awarded and the show bids fair to be terns and many skilfully fashioned ima great success. Also plans are being itations of branches of cherry bloslaid for a pageant of a Grecian myth, soms. As nearly as might be the under the supervision of the physical platform represented a Japanese retraining teacher, Miss Moffit, and the ception room. The decorations had musical director of the schools, Miss been made under the supervision of

New Hair Will Start Growing Today!

> of Stage Beauty Fame. erently. All blemishes, red spots, J. tone and two tablespoonfuls of glycerine in one pint of water, mak-

"Not a Miracle, but a Fact-Any

One Can Do It, as Well as Beau-

tify Themselves Supremely in a

Few Days," Says Valeska Suratt,

ng a cream. Apply this generously every day, rub it in well. It is superb in its results on the complex-PEPPER SPOTS—O, that is the easiest thing you can imagine. Blackheads can be removed in a few minutes—and if you doubt it, just get some neroxin at the drug store, sprinkle some of it on a wet sponge and rub it on the blackheads. Then look in the mirror and try to see them—they'll be gone.

failing because of the wrong methods employed. First of all, time and neglect MISS D. D.—Just lay that appliance aside if you don't want to injure the bust beyond hope of remedy. If there is anything that will develop the bust it is this safe formula, though of course success can never be positively assured in every case. Two ounces of ruetone and half a cup of sugar are dissolved in half, a pint of water, and of this two teaspoonfuls should be taken after each meal and before reemployed. First of all, time and neglect are two great destroyers of hair beauty. But time can be defied by wise action. If you will quit using so many of the so-called hair restorers, which take a "dog's age" to produce any results at all, and go straight at the proper, simple and never-failing any results at all, and go straight at the proper, simple and never-failing method of forcing hair to grow—you will find in a few days a most remarkable change. You can make your hair grow long, silky and beautiful, stop it from falling—make it queenly, exceptional. Make up a mixture of one ounce of beta-quinol, and hair a pint each of water and alcohol, or instead of the water and alcohol, a taken after each meal and before retiring.

-they'll be gone,

BYE-BABY - There are always scales and fatty accumulations on the scale which soap even with scrubbing. Monday at 510 Flanders street. All scale which soap even with scrubbing, mambers are requested to be present cannot remove. The way to do it is to dissolve away these accumulations. Eggol does this almost in a magic way is also much cheaper than any of the useless hair treatments—and well, just use it and you'll be one of the most surprised women who ever looked in a mirror. and leaves the scalp and hair in a most glorious condition of absolute cleanli-ness. As a head wash it cannot be excelled. Use a teaspoonful of it in half a cup of water. You can get enough for 25 cents to last for over a dozen MISS OLEANDER—Certainly, your skin will respond to treatment just the same as that of anybody else,

MRS. T. O'R .- We've all had the same experience. Ordinary face powders sold will not stay on—except in spots sometimes. That's why I had my own face powder made up, finer in texture than anything yet produced. It is free from that annoying chalkiness, and is nette fints, for 50 cents.

MISS RUBBLES — Your druggist should certainly have it. But if you can't get the beta quinol for making my hair formula, send the price, 50 cents, to "Becretary to Valeska Surati. Thompson Bldg., Chicago," and it will be sent to you at once.

Invited to attend to help make the occasion a happy one.

The April meeting of the State Woman's Press club will be held Wednesday next in room A, Ceptral library.

"Drama" is the topic for discussion.

Mrs. Nathan Harris has arranged the

. . .

SORE-For that awful perspiration in the arm-pits, sprinkle the latter with hydrolized talc. Relief will be mmediate, and all objectionable odor.

Mr. Yousa, a Japanese banker of Hood Mary Edna Rice of Oak Grove will River. His wife and friends of hers, play a piano solo. Miss Emma Klipin native costume, gave an exhibition pel, soprano at the White Temple, will drinking tea in a Japanese home, Per- Mrs. C. M. Riggins will give a read-Japan. A luncheon also was given and Mrs. E. R. Root. for Mrs. Tuttle by the Woman's club. the general activity of the club mem-

Consumers' Week -- April 14-21 is western clubwomen's consumers' week, Oregon women will again do their share to promote this week. The Portland Chamber of Commerce will send to each club a list of articles made in Oregon, also a list of Oregon products Sidney Teiser, Mrs. Roscoe that are on the market, and Governor Withycombe has issued the following

Whereas, there is again a movement foot to encourage the development of local production in the west; and Whereas, the women of the west represent its greatest purchasing pow-, especially in connection with our ouseholds; and Whereas, the clubwomen of the west

have expressed a lively interest in the problems and possibilities of local consumers' organizations, and have asked me to set aside a western con-

Now, therefore, I do hereby proclaim the week of April 14 to 21 as western club women consumers' week, and during that period I suggest that all public spirited wemen and men of this state make a special effort to purand business consumption, and that they make of this organized effort an In witness whereof, I have hereunto

my hand this 6th day of March, 7. JAMES WITHYCOMBE. Governor of Oregon.

Hold Easter Meeting.-The Woman's Missionary society of the First Congregational church will hold its Easter thank offering meeting Wednesday at 2 o'clock in the church parlors. Rev. Calvin B. Waller, D. D., of the First Baptist church will give the address and the choir will render the following program: Quartet, "And God Shall Wipe Away All Tears" (Coombs) soprano solo, "Great Peace Have They garding a three months' elementary trio, "Father Lead Me by Thy Hand" (Butterfield); quartet "Father to Thea "I Heard the Voice of Jesus Say" course will deal with the education of (Harriss); quartet, "Jesus, the Very Thought Is Sweet" (Hosmer). Jane age. The topic of "Ocean Currents" Burns Albert, soprano; Mitylene Frakwas studied by the club this week at er Stites, contralto; Charles L. Mache home of Mrs. R. D. Schmidt, 522 Nelll, tenor; William A. Montgomery companist and director. The public is cordially invited.

Emerson Study Circle,-A large class and some visitors were present Tuesday evening at the regular meeting of Pacific and Indian ocean currents, tell. is the escay now being studied and nals" of Ralph Waldo Emerson, giving the Metaphysical library, Broadway

> Park Lavender club held one of its pleasing. enjoyable meetings Thursday after-

Mrs. Patterson Goes East .- Mrs Isaac Patterson, state regent of the Daughters of the American Revolution. left Thursday evening for Seattle, where she will attend the meeting of the state D. A. R., and thence she will go to Spokane to visit her brothr-in-law, P. C. Patterson. Later she will go to Washington to attend the national meeting of the Daughters During her absence she will visit relatives in various eastern cities.

Political Science Study Class. - The City Federation of Women's Clubs orranized a political science study class for the purpose of studying all ques- and a big hat box covered with cretions pertaining to the state and national laws and the measures that are submitted to the people from time to time. The class is open to the public every citizen is invited and has for a leader Miss Marion Towns.

Madras Club Joins Pederation .- Th Madras Study club is a new addition to the Federation. Its officers are: Mrs. L. May Turner, president; Fannie Kone, vice president, and Della freckles and "muddiness" will en- Neville, secretary-treasurer. Another tirely vanish. I can assure you of new club is the Juniper Literary club that. Mix together an ounce of zin- of Redmond, Mrs. J. H. Dittemore. of Redmond, Mrs. J. H. Dittemore, president.

Association Notes.

The Montavilla Parent-Teacher association will meet Tuesday at 2:30 in he assembly hall of the schoolhouse. After the business there will be addresses by Mrs. Alva Lee Stephens and John Hotchkiss,

The Kennedy Parent-Teacher association will meet Wednesday at 3 o'clock James Brockway will speak on the Boy Scout movement. Evelyn Joy will give piano numbers.

The Vernon Parent-Teacher associa tion will meet Tuesday at 3 o'clock.

will meet Thursday at 2 o'clock with Mrs. John F. Risley, Milwaukie. The regular monthly meeting of the Portland Woman's Union will be held

members are requested to be present, The regular meeting of the Association of Collegiate Alumnae will be held Saturday, April 7, at the University club. Members, who desire reservations for luncheon at 1 o'clock, call Main 695 before Saturday. After the business meeting at 1:45, Dr. Bertha Stuart of Reed college will give a lecture, accompanied by stereopticon pictures. Members may bring guests to

, Ladies' Aid society of First Methodist Episcopal church will hold a social tea and Easter sale in the church from that annoying chalkiness, and is sold as "Valeska Suratt Face Powder" parlors next Tuesday afternoon from at drug stores, in white, flesh and bru- 2 to 5. A musical and literary proparlors next Tuesday afternoon from gram will be given and light refreshments served. Members and friends

invited to attend to help make the ocprogram and will talk briefly on "The Stage and the Story," supplementing

of some Japanese stringed instrument- sing. Mrs. Gus C. Moser will read a al music, and also of the ceremony of paper on "Evolution of Travel," and haps a dozen young girls in Japanese ing in verse, "From Portland, Maine, costume sang a gay little chorus about to Portland, Oregon." Table talks will After the program tea was be given by Mrs. Edward Alden Beals

The Council of Jewish Women will The club is to be congratulated on the meet Wednesday at 2:30 at B'nai B'rith success of the entertainment and on hall, Dr. Jonah B. Wise will speak on "Leisure Reading." The soloist will be Miss Carolyn Lowengart, accompanied by J. Hutchinson. Mrs. Charles Robison will give current events. The hostess for the afternon will be Mrs. Jonah B. Wise, and her assistants will be Mrs. H. J. Ottennelmer, Mrs. I. N. Lipman, Mrs. Charles F. Berg, Mrs. Mrs. James Rosenfeld, Mrs. Ludwig Hirsch, Mrs. Solomon Baum, Mrs. Fred Langerman and Mrs. Charles Rosen-

> The Mothers and Teachers' club of the Brooklyn school will meet Monday at 1:30 for a social hour. At 3 o'clock there will be a business session followed by a program. Mrs. Fred Ham-mond will give a vocal solo and piano numbers will be rendered by Miss Helma Fox. Miss Edna Groves, supervistor of domestic science, will speak

on "School Lunches at Home." The Mayflower club will meet Monday evening at 8 o'clock at Hotel Portland. This club, though organized but a few weeks, has had a number of interesting meetings and the membership is increasing rapidly.

GIFTS FOR EASTER

By Dame Curtsey.

The custom of giving gifts at Easter is becoming more and more in vogue. Merchants recognize this fact, and the shops are filled with charming noveltles to suit all purses and persons.

For the children nothing takes the place of colored eggs. To write the name or date on the egg, dip a pointed stick in melted lard and then trace the letters before putting it in the dye, and the writing will remain white. Dainty nests may be made from inexpensive baskets with fringe made by cutting yellow and white tissue paper into strips to resemble straw; a little cotton peeping between the colored eggs adds to the effect.

Small articles, such as a ring, a thimble, stickpin or sleeve links, may be concealed in a real egg shell. Baby ribbon or gold paper may be used to bind the edges, and a hinge made at the back. Put this in a little nest and it will make a most attractive remem-

An April Luncheon.

"April showers bring May flowers," so for the centerpiece have a smallsized Japanese umbrella, or a doll's parasol; underpeath put a low mound of spring blossoms, such as crocus, trailing arbutus or tulips. Tiny uming also of the coral islands and of anyone desiring to may join the class. brellas, opened at each place, may have the name written on a card tied to the handle. If the house has electric lights, open a good-sized Japanese umbrella and tie it to the gas or light are held in the evening and make a meeting, was given at this time. The circle meets every Tuesday evening in fixture that is over the table; then to each rib fasten a very small electric light; when the room, is darkened and Lavender Club Meets.-Peninsula the lights turned on the effect is most

> Serve either a fruit salpicon of ornoon at Peninsula Park field house. In anges, pineapple and bananas, in place of the Oregon study, Mrs. Kings- glasses, or clam bouillon; a good brand ton read a Swedish story and Mrs. of the canned bouillon will be found freshments were served. The after- salad with cheese wafers and a frozen noon closed with the spirited singing dessert. If coffee has not been served with the repast, it is a pretty English custom to serve it in the drawing room, the tray being brought in and the hostess pouring. Small cups are used. This luncheon could precede a card party or an afternoon musicale.

For an Easter Bride.

A young woman who has chosen to be an Easter bride is to have a most novel shower given her. The articles presented are all to be small enough to be concealed in an Easter favor: this would include turnover collars. cuffs, handkerchiefs, silk stockings, bits of jewelry, doilies, etc. The place favors are to be adorable Easter hats, tonne or wall paper of suitable design is to be provided to put the gifts in for the bride to take home. This is to be a luncheon, and the gifts will be presented by the maid carrying them on a tray after the dessert course. The centerpiece is to be Easter lilies.

Child Gets Sick. Cross, Feverish If Constipated said the enough."

Look at tongue! Then give fruit laxative for stomach, liver, bowels.

"California Syrup of Figs" can't harm children and they love it.



Mother! Your child isn't naturally, stomach, liver and bowels need

always be the first treatment given. Nothing equals "California Syrup of Figs" for children's ills; give a teaspoonful, and in a few hours all the foul waste, sour bile and fermenting food which is clogged in the bewels passes out of the system, and you have well and playful child again. All children love this harmless, delicious "fruit laxative," and it never fails to effect good "inside" cleansing. Di-rections for bables, children of all

THE STORY LADY



The Lady of the Lamp

By Georgene Faulkner. DOLL is ill, and she must stay in bed and I must nurse her," said small Florence to her sister

"Your dolls are always ill," grumbled Frances. "You always want to play at nursing."

"Yes," said Florence, "I do, for I love to take care of sick people, and some day I mean to be a nurse."

attractive home, called Lea Hurst, in the County of Derbyshire, England. Their parents traveled abroad a great deal, and as Florence was born in the Italian "City of Flowers," she was named for her birthplace, One day when Florence was out rid-

ing on her pony with the vicar of their village church, she saw an old, crippled shepherd named Roger vainly trying to herd his scattered sheep.

the vicar. "My poor old dog can never run again," answered the shepherd, sadly, "Some boys threw stones at him and of his misery."

"Oh, cannot we do something for him, Roger?" asked Florence, eagerly. "It is cruel to leave poor old Cap to suffer with a broken leg all alone in agony. Where is he?

"It is no good, Miss. nothing. I will take a cord to him to- that her soldiers were cared for. night and end his life, for it is the only way to help him. I left him over in that shed yonder."

"But we must do something for him," said the girl, "Oh, please come with And so at her earnest pleading the vicar rode with her toward the shed, but she urged her pony to a gallop and reached the shed first. Yere-rr! Yere-rr! Yerre-rr-rrr-rrr

rrr! Yerre-rr-rr-rrr!" yelped the poor dog, as much as to say, "Come herere-rr!" and soon the girl was kneeling beside the dog, patting his head. "What can I do for him?" she asked the vicar, and the good man examined

the bruised and bleeding body of the Roger is mistaken; the leg is no broken, and we can help him," said the

"But, first, we must have some vicar. hot water and bathe his wounds and make a hot compress for his leg." Florence went to the house, but the shepherd's wife was not at home, and so her son helped Florence build a fire and heat some water. Then they went out to the shed and all day Florence worked over the dog, putting on the hot cloths and nursing him, and when

the shepherd returned that night Cap greeted him with a bark of welcome. "You have done wonders, missy," said the old man. "I cannot thank you "Oh, I am so glad, Roger; but I will ome every day until Cap is well." And

so every day the faithful little nurse took charge of her first patient, until at last Cap was able to run over the hills after the straying sheep. Florence could not bear to see anything suffer; and, as her father

watched her caring for all creatures. he said, "Florence is a born nurse. saw her caring for a little bird that had a broken wing. She was building a nest, and soon I am sure she will be feeding it." So her father gave her a corner of the greenhouse, and here she opened her first hospital for all of her wounded pets.

As she grew older she went about among the village people and cared for any who were weak or ili. Every one loved her, and some of the old people watched for her daily and said, "Miss Florence is like God's blessed sunshineshe makes us feel well again just to

look upon her." Although her parents encouraged her work in the village, they were very much shocked when she told them that she wished to study and become a trained nurse. In those days women were expected to stay in the home, and as the family had money, they could not understand the longing of this years old when she died, and the gratedaughter, who desired to go out in the world and work, rather than spend all her time in the home and in society. But Florence became more and more

tened to her desire to be a nurse and encouraged her in her plans. And at last, when she was 30 years old, she l left her home in England and went to Germany to study, for in Germany she the nation during the Crimean war, and knew that she could get the best and on every slip was the name Florence most thorough training. And so she went to Kaiserwerth and became a deaconness, and she worked and studied night and day to make her-

binding the properties of the public will be at once removed. It will always your gowns.

DIMPLES.—Well, I admit dimples the tonce removed. It will do not so well with superfluous hair on the face. Ever hear of dissolving away these hairs? The only thing I way these hairs? The only thing I would be the tonce of the public who are following work in failures you gave me, but you remember I told you you were wasting four time with the prepared creams. The work is and those to the public who are following work in the prepared creams. The stime with the prepared creams work never leave a red got. The skin tour next letter will read quite different to a distinct of the public who are following work along these lines and the Story, supplementing to effect good 'inside' cleaning. District of the public will be set once removed. It will always the supply the supply the supply the supply the set once the west to Paris her talk by reading her playlet, "The ages and grown-ups are plainly on the bottle.

Keep it handy in your home. A little given today saves a sick child the system there, and she rections for babies, children of all the rections for babies, children of the best of the bottle.

Keep it handy in your home. A little given today saves a sick child the system there, and she was so conscientious in her work that tomorrow, but get the genuine.

We died and the Story, "supplementing ages and grown-ups are plainly on the best was so conscientious in her work that tomorrow, but get the genuine.

We died and the Story, "supplementing ages and the Story," supplementing ages and grown-ups are plainly on the best was so conscientious in her work that to effect good 'inside' cleaning the rections for babies, children of the provided the system there, and she rections for babies, children of the provided the system there, and she rections for babies, children of the provided the system there, and the first provided the system there all the rections for babies, children of the provided the studied the studied has a first pr was so conscientious in her work that of the world, for every one loves and she became a most capable nurse. Then reveres the name of Florence Night-

I glories of the war, then reports came from the soldiers who were wounded and dying upon the battlefield. The country had been at peace for such a long time that they were unprepared to meet the demands of their suffering soldiers.

Sir William Howard Russell wrote stirring report in the London Times, and, after he described some of the horrible scenes, he said: "Are there no devoted women among us, able and The two little sisters lived in a large, willing to go forth and minister to the ttractive home, called Lea Hurst, in sick and suffering sidiers of the east in the hospitals of Scutari? Are none of the daughters of England at this extreme hour of need ready for such a work of mercy?"

This was a trumpet call to duty to Florence Nightingale. She was so anxious to go that she wrote at once to her old friend, Sir Sidney Herbert, secretary of war, and offered her services. And her letter crossed one in which he "Where is your dog, Roger?" 'asked had written and asked her to go to

> So she set out in charge of 37 other nurses who had volunteered, and soon they were all working in the hospital of Scutari. This hospital was a huge barracks and the equipment was most crude, but Florence Nightingale and her nurses did everything in their power to make things better for their sol-

She worked night and day, and would stand for 24 hours at a time to

At night she would go slowly be tween the beds carrying a small lamp, which she carefully shaded with her hand, so that she would not awaken any sleeping soldiers as she ministered to the wants of her wakeful wounded. She wanted to be sure that no one was suffering, and with a sympathetic smile she went about among them caring for their needs. They called her "The Lady of the Lamp," and sometimes the soldiers were seen to kiss her shadow as it fell upon them, they were so grateful for her devotion to

They took the letters of her name and made them into this sentence. on, cheering angel," and they often spoke of her as the "Angel of Mercy," bringing strength and cheer to them in their time of need.

When the war ended Queen Victoria nonored her and the people gave her \$250,000, in which every one shared, each soldier giving one day's pay. She thanked them for this generous gift, and took it to establish a training school for nurses, which is called 'The Florence Nightingale Home," and for many years she helped manage this

She also became very much interest ed in the development of the Red Cross work which was begun by Henri Dunant of Geneva, Switzerland. As Switzerland was a neutral country, an international congress was held at Geneva, October 26, 1863, to arrange matters between nations, so as to help lessen the horrors of war. It was agreed that nurses, doctors and ambuances must never be fired upon, and that all the wounded must be cared for as soon as possible. A badge of safety should be used by all, and so the free flag of Switzerland with the red cross of service on a white ground of purity became the emblem of the Red Cross

society. Now this society has become universal, and the nurses with this badge of the Red Cross are seen everywhere performing their deeds of mercy.

Florence Nightingale was not able to do the active work in the hospitals and training schools that she desired for her health was very much broken by the hardships she had endured during the war, so she was forced to stay in her country home, but here she wrote many papers and treatises upon her chosen work which were of great help to nurses. She kept up her interest in the work of the nurses and the work of the Red Cross society until her death, for her mind was keen and her heart was always in her work. She was 90 ful nation wished to place her body in Westminster Abbey, but she had left directions that she should be buried in their own country churchyard, and her wish was fulfilled.

She had been honored as no other voman, for Edward VII gave her the "Order of Merit" for her noble deeds of service to the nation, and she was the only woman who had ever received this

military and naval officers, it was suggested that each guest should write on a slip of paper the name of Nightingale,

And so this little girl who had cared for the flowers and birds and had nursed a shepherd's dog became the woman who was honored, not only by her own nation, but by all the nations

Dreams Are Indicative. Dreams are a good test of the need of sleep, and many times answer the question of overwork or idleness, according to Dr. Percy G. Stiles, in an address before the Harvard Medical

"It is possible to judge by one's dreams whether one needs sleep," he said. "If the dreams are of a rambling variety, the kind that seem to pop from nowhere or anywhere, it is a pretty good sign that you are not overtired. On the other hand, if the dreams are a continuation of the day's worries, the chances are that you are overtired. Dreams remote from the good night's sleep generally follows, day's work are a vacation, but dreams for the muscles and the senses are connected with the day's work are tired. But when only the mind or the

"Dreams will often tell, therefore, elusive."

whether a person is really fired, or just lazy. They should be noticed, and will times serve as an indicator of

health. "Insomnia is very rare. Fitful sleep is often mistaken for insomnia. To go to sleep get the body and mind com-The body is easier to make comfortable than the mind. A rubdown, a bath, and a little bite to eat help bring that about. To compose the mind read some familiar book of poetry. That sothes the mind, for no exertion is necessary to read it.

"Symmetrical fatigue is the best kind. After a day of sight-seeing a muscles are tired sleep is often

OF CORSETS - AND SERVICE

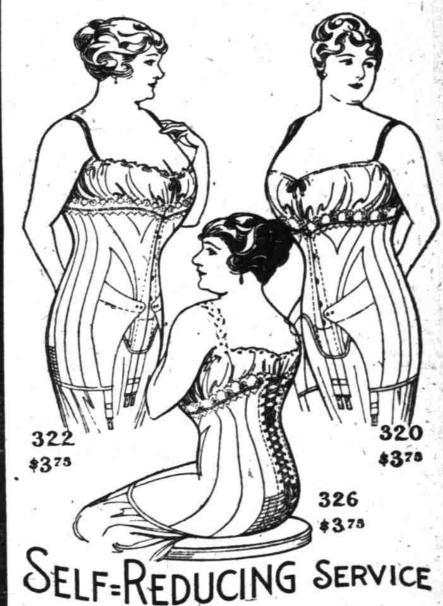
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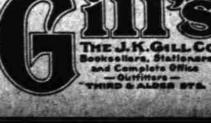
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cross and peevish. See if tongue is coated; this is a sure sign the little restless as the years went on. She did not care for the social life, but every time she spoke of her desire her par-Dr. Stuart's lecture, which will begin leansing at once. ents would suggest something else, or When listless, pale, feverish, full of old, breath bad, throat sore, doesn't would take her on a long trip abroad, eat, sleep or act naturally, has stom- or plan something for her to do. ach-ache, diarrhoea, remember, a gen-On one of these trips she met Mr. le liver and bowel cleansing should and Mrs. Sidney Herbert, and they lis-One time, at a dinner given to the

The Portland Shakespeare Study club will meet with Miss May Bres-lin, at the Ford hotel, 783 Washing-